TESCO

FREE | APRIL 2026

SMASH HITS

Street food flavours

Smashed cucumber & bang bang chicken salad p34

THE SCIENCE OF PERFECT PASTA | SUPERHERO MIDWEEK MEALS | HOW TO FOOD SHOP SMARTER

Available in the majority of stores.

Available at TESCO

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THIS MONTH'S CONTRIBUTORS

JAMIE ROBINSON
Tesco executive chef, product development, p11

ROMY GILL
Chef and author, on how she celebrates Vaisakhi, p57

BEN LEE
F&F head of design (all clothing), has ideas for a spring fashion refresh, p76

Find your happy plate

Nothing has the power to lift your mood more than food – and this issue is bursting with joyful dishes. We're bringing that sense of optimism with colourful 'dopamine' dishes packed full of nutrients, p81, superhero fish suppers ready in a flash, p50, and surprising bakes with secret good-for-you ingredients. (The lentil brownies on p92 really do work!) The much-maligned quiche gets some love on p52 with a 101 on how to ace pastry; no soggy bottoms here. And if you fancy getting physical, turn to p33 where we put our spin on the 'smash' trend with recipes we promise will be a hit!

The Tesco mag team

We're loving...

...these cheeky little treats for the ultimate mood boost. **Tesco Finest Classic Edition 10 Macarons 120g, £4.55** (£3.79/100g)

Your April offers

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COVER RECIPE Smashed cucumber & bang bang chicken salad, p34
RECIPE Cate Walton
PHOTOGRAPHY Maja Smend
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PROP STYLING Jenny Iggleden

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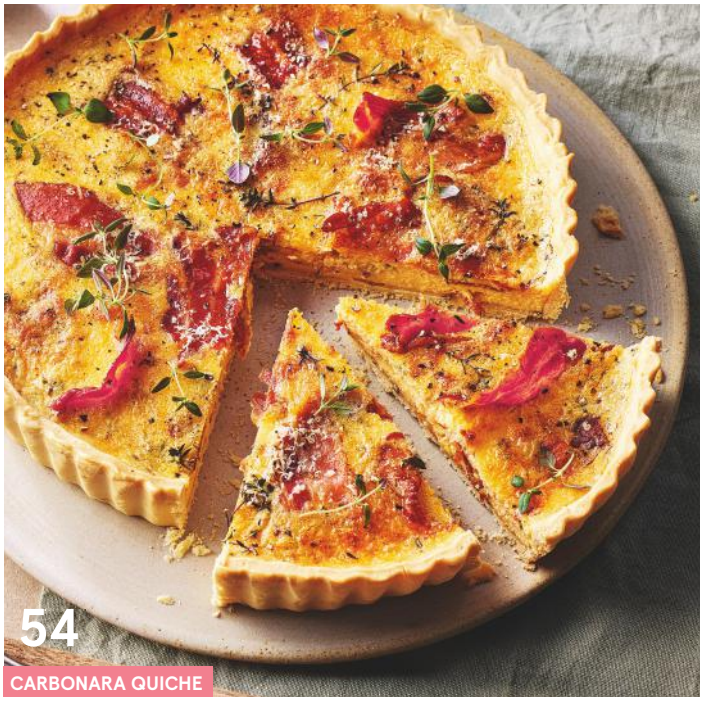

WHY NOT TRY... TWISTS ON FAVOURITES

Shake things up with a modern take on the comfort-food classics

Your April recipes

SMALL PLATES & SIDES

Beetroot dip V GF 85
Speedy teriyaki-style dressing V DF 45
The only satay sauce you need DF 45
The ultimate French vinaigrette V DF GF 45
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MAIN MEALS

Carbonara quiche ❄ 54
Chicken, leek & bacon pot pie with garlicky greens 70
Citrus & salmon grain salad DF 82
Cod katsu curry ❄ 50
Coriander soba noodles Ve DF 28
Courgette, soya bean & ricotta galette V 20
Fresh greens paneer curry V GF 25
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Lemon, chilli & tuna spaghetti DF 69
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Pork tacos with black beans & salsa DF GF ❄ 70
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Smashed cucumber & bang bang chicken salad DF ❄ 34
Smashed feta eggs breakfast tacos V 36
Smashed lamb burgers ❄ 34
Spanakopita sausage rolls ❄ 24
Sunshine smoothie bowl V 86
Tofu & rainbow veg summer rolls with sweet chilli sauce Ve DF 82
Tomato soup with cheesy topper ❄ 36

SWEET TREATS & DRINKS

Bakewell banana bread V ❄ 92
Bicicleta Spritz DF GF 47
Lentil brownies V GF ❄ 92
Pretzel rice crispy cakes 98

Please always check labels carefully to ensure ingredients meet your dietary requirements, especially if you have an allergy. Our symbols are based on the ingredients listed on the packaging only. Please always check for allergen information such as 'may contain' messages. Ingredients are subject to change after going to press.

- V Vegetarian (free from meat and fish)
- Ve Vegan (free from animal-derived products)
- DF Dairy free (free from milk-derived products)
- GF Gluten free
- ❄ Can be frozen for up to 3 months. Wrap appropriately. Defrost and heat thoroughly before eating. Never refreeze food that has already been frozen.

Ingredients used are from Tesco's core range, unless otherwise stated. We use medium free-range eggs, semi-skimmed milk, unsalted butter and unwaxed fruit. Ingredients marked 'optional' are not included in the cost per serve, reference intakes or dietary symbols. Tesco magazine is not responsible for any recipes included on advertisements.

Reference intakes are printed below recipes. Find out more at realfood.tesco.com/curatedlist/what-is-healthy.html. Our recipes should be eaten as part of a balanced diet and healthy lifestyle. All nutritional information is checked by a qualified nutritionist. We regret that we are unable to respond to individual nutritional queries.

Prices and availability are subject to change. Cost per serve is based on the online cost of ingredients (excluding anything unused) at the time of going to press.

Alcohol For more information about responsible drinking, visit bedrinkaware.co.uk

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Use straight from the fridge

Available in majority of larger stores.

Available at TESCO

TRENDING

HONEY BUTTER

Tesco Finest Petit Pois, Cavolo Nero & Fine Green Beans with Honey Butter 220g, £3
(£1.36/100g)

JAMIE ROBINSON
Tesco executive chef, product development

'Butter is making a comeback – this time with bags of added flavour. The generous knob of honey butter is the perfect finishing touch that melts into this new medley of green veg, adding a welcome sweetness that contrasts beautifully with the earthy cavolo nero. Best of all, there's no prep involved: just heat and enjoy!'

New

These pages are full of exciting new items. Look out for the 'New' logos on packaging in store to discover more additions.

SWEET MIX

Cut meal prep times with this pack of ready-to-cook **Tenderstem & Mixed Vegetables 160g, £1.85** (£1.16/100g). It only needs 4 minutes in the microwave.

Harvested by hand and picked at their best

FABULOUS FISH

Fill the freezer with these new fishcakes featuring a flavour-boosting melting middle. Just heat and serve with veg for an easy dinner. **Tesco Finest Melting Middle 2 Salmon, Sauvignon Blanc & Cheddar Fishcakes 290g ❄, £3** (£1.03/100g); **Tesco Finest Melting Middle 2 Smoked Haddock, West Country Cheddar & Leek Fishcakes 290g ❄, £3** (£1.03/100g)

READY, SET, GRILL

We can't wait for barbecue season but, if the sun isn't quite warm enough to be outdoors just yet, pop this slow-cooked pork shoulder in the oven to heat up. **Slow-Cooked Smoky BBQ Pulled Pork 410g, £5.60** (£1.37/100g)

This pasta gets its name from the Italian word for seashell

SHAPE UP

Free From pasta is more than just penne. Find your favourite shape in the range, then turn to p60 for the perfect sauce pairing. **Tesco Free From Conchiglie 500g, 75p** (15p/100g)

GREAT STUFF

Add colour to your spread or help hit your 5-a-day goal with these oven-ready fixes. **Stuffed Peppers 320g, £2.15** (67p/100g)

CELEBRATE TOGETHER

For cakes even more people can share, pick up a **Tesco Free From Stripey Caterpillar Cake Serves 12, £8.50**, or **Tesco Free From Confetti Cake Serves 12, £12**. Later this month, your Tesco Free From purchases can also help support allergy awareness initiatives; see p65.

GRAB A BITE

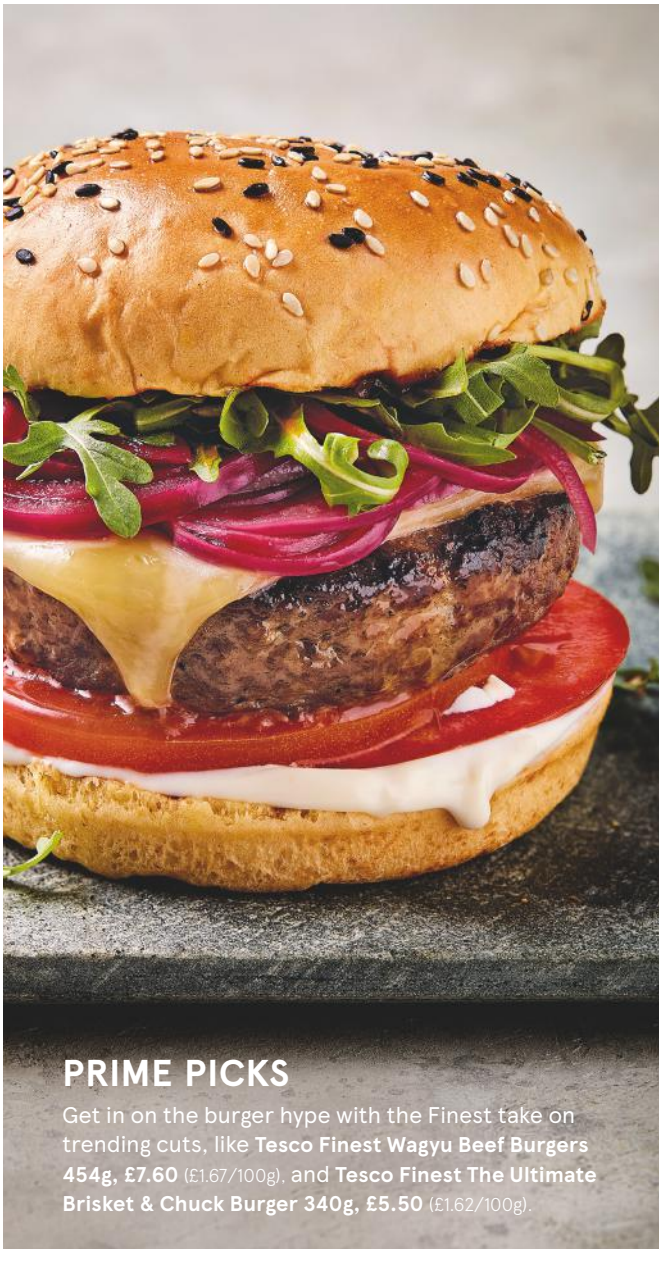
No one need miss out on fish and chip night thanks to these nuggets of cod in a gluten-, wheat- and milk-free crumb. **Tesco Free From Breaded Cod Bites 200g, £3.90** (£1.95/100g)

Pair these Sicilian olives with a spritz as a spring appetiser

MEDITERRANEAN GRAZERS

Host a Bank Holiday party with 3 for £8 on Tesco Finest Picnic items*. Try these: **Tesco Finest Sicilian Nocellara Olives with Garlic Butter 120g, £3.50** (£2.92/100g), **Tesco Finest Garlic & Paprika King Prawns 135g, £4.50** (£3.33/100g), and **Tesco Finest Burrata with Semi-Dried Tomatoes 300g, £4.50** (£1.50/100g).

*Offer available in the majority of stores and online from 13 April until 11 October 2026, while stocks last. Clubcard/app required



PRIME PICKS

Get in on the burger hype with the Finest take on trending cuts, like **Tesco Finest Wagyu Beef Burgers 454g, £7.60** (£1.67/100g), and **Tesco Finest The Ultimate Brisket & Chuck Burger 340g, £5.50** (£1.62/100g).

Great on cereal instead of dairy milk or yogurt

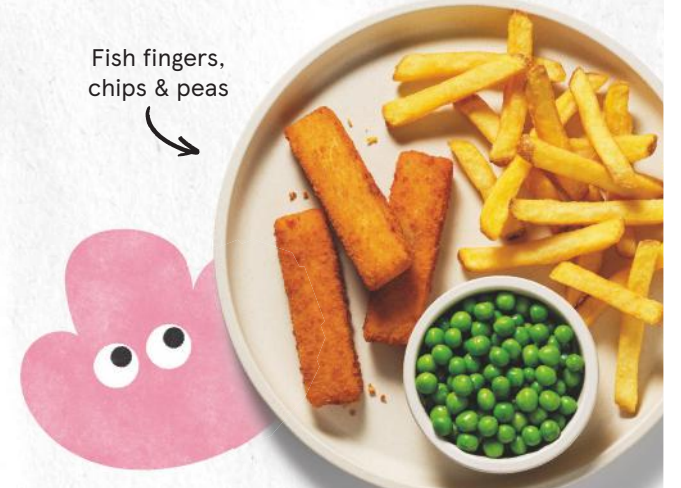
DRINK TO THAT

Whether you want to switch up your latte or avoid dairy, these plant-based drinks could shake up your breakfast routine. **Almond Drink 1ltr, £1.30**; **Oat Drink 1ltr, £1.50**

Kids at The Café

The Café little menu for little ones starts at just £2.50, and includes hot and cold meal deals, breakfasts and more. And there's plenty for the rest of the family too, from Café classics and seasonal treats to limited-edition drinks.

Fish fingers, chips & peas



Pasta shells, garlic bread & veg sticks

The Café

GIVE ME MORE!
Scan the QR code to find your nearest Tesco Café.

WORDS **GEORGINA CROTHERS** PHOTOGRAPHY **PHOEBE PEARSON** FOOD STYLING **ELLA TARN** PROP STYLING **MORAG FARQUHAR**

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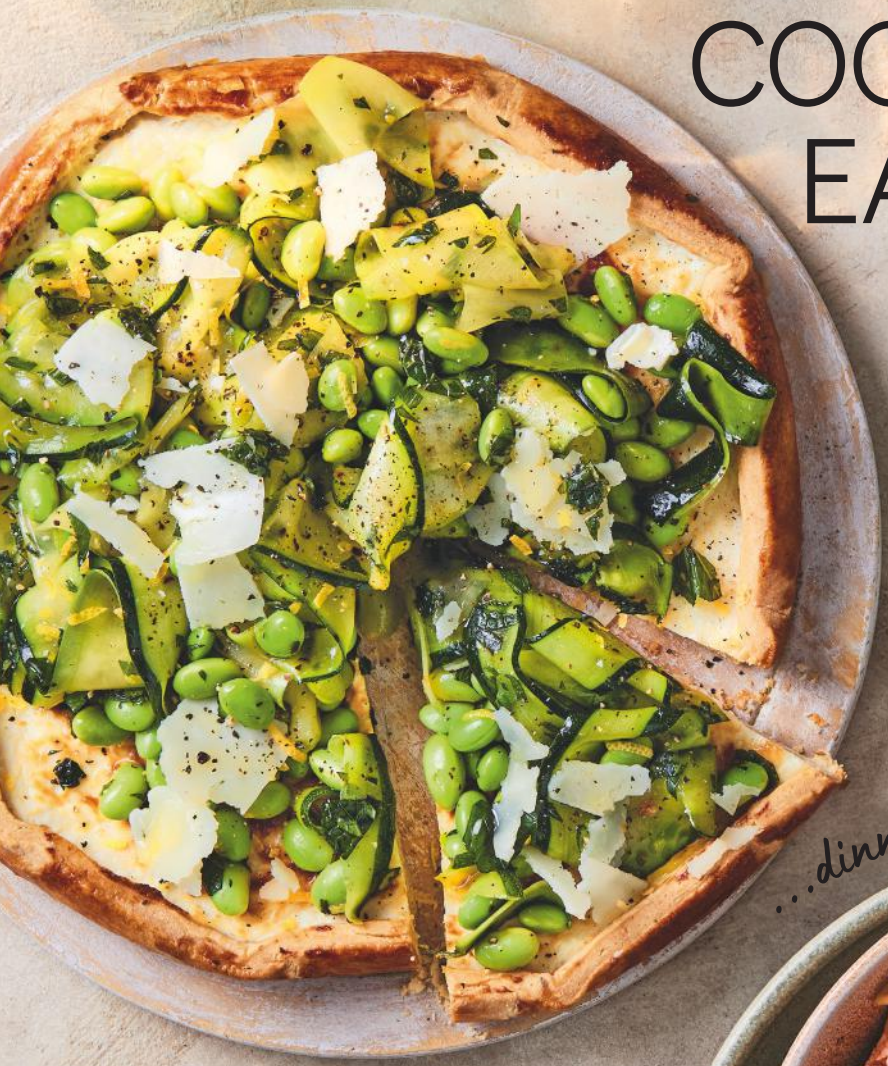
COOK *ONCE*, EAT **TWICE**

Marinated courgette stars in these fresh and fragrant double-duty recipes



Dinner tonight...

Courgette, soya bean & ricotta galette
p20

...dinner tomorrow

Salmon & courgette pasta salad
p20

Dinner tonight

COURGETTE, SOYA BEAN & RICOTTA GALETTE

Serves 4 V
Takes 55 mins
Cost per serve £1.35

USE IT UP You'll be left with about 150g pastry – use it to make these easy pasties: tes.co/simplepasties.

- 4 courgettes, trimmed
- 1 tsp sea salt
- 1 garlic clove, minced
- 150g ricotta, drained
- 30g pecorino, finely grated, plus 10g shaved
- 1 egg, beaten
- 320g pack rolled shortcrust pastry
- 250g frozen soya beans
- 5g fresh mint, most finely chopped
- 5g fresh basil leaves, most finely chopped
- 1 lemon, zested
- 1 tbsp extra-virgin olive oil
- tomato salad, to serve (optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C and place a large baking sheet inside to heat up.
2 Peel the courgettes into ribbons, reserving the inner seedy core for another recipe. Transfer the courgette ribbons to a colander set over a bowl, then massage in the salt. Cover with a plate to weigh down the ribbons; set aside.
3 Put the garlic, ricotta, grated pecorino and most of the egg in a bowl and mix to combine.
4 Unroll the pastry; trim off about a third from one shorter end to make a rough square. Roll out to a larger square that fits a 28cm plate in the centre. Cut round the plate. Spread with the ricotta mix leaving a 2cm border. Fold in the border to make a crust, then brush with the reserved egg. Bake on the hot baking sheet for 25-30 mins until golden.
5 Meanwhile, cook the soya beans to pack instructions, then drain and rinse under cold water.
6 In a bowl, whisk together the chopped herbs, lemon zest, oil and some black pepper. Press down on the courgette ribbons in the colander to squeeze out as much liquid as you can, then pat dry with kitchen paper. Transfer to the bowl along with the cooked beans; toss well in the dressing.
7 Cool the tart for 5 mins, then top with just under half of the courgette mix and the shaved pecorino. Store the rest, covered, in the fridge for up to 24 hrs, then use for the pasta recipe, right. Serve the galette in slices, with a tomato salad, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1355kJ 324kcal	19g	8g	3g	1.1g
16%	28%	41%	4%	19%

of the reference intake. See page 8.
Carbohydrate 22g Protein 14g Fibre 3g

Dinner tomorrow

SALMON & COURGETTE PASTA SALAD

Serves 4 DF
Takes 15 mins
Cost per serve £2.11

- 240g wholewheat penne
- leftover marinated courgette
- 418g tin pink salmon
- 1 lemon, zested and juiced
- 10g fresh dill, finely chopped
- 1 tbsp olive oil
- 50g panko breadcrumbs
- 2 garlic cloves, finely chopped
- ½ red chilli, deseeded and diced

1 Cook the pasta to pack instructions; drain well.
2 Meanwhile, drain the marinated courgette of any excess liquid, then flake in the tinned salmon (discarding any skin or bones), add the lemon juice and stir in most of the dill. Heat the oil in a frying pan over a medium heat and add the breadcrumbs, garlic and chilli. Fry for 5-10 mins, stirring regularly, until the breadcrumbs are golden and toasted. Season, then transfer to a bowl and stir through the lemon zest and remaining dill.
3 Mix the cooked pasta into the courgette and salmon mixture and serve, topped with the toasted breadcrumbs and a twist of black pepper.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2147kJ 511kcal	14g	2g	4g	1.6g
26%	20%	12%	5%	27%

of the reference intake. See page 8.
Carbohydrate 52g Protein 39g Fibre 9g
1 of your 5-a-day; high in protein

RECIPES **ELLI DONAJGRODZKI** PHOTOGRAPHY **ELLA MILLER** FOOD STYLING **TROY WILLIS** PROP STYLING **JENNY IGGLEDEN**

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GREENS

FIELD TO FORK

We've given two British spring crops a global spin with these flavour-packed recipes

PICK OF THE CROP

‘Fresh greens are naturally resilient and thrive in cooler conditions, making them well suited to the challenging growing conditions.’

Neil Sharpe, head of farming, T H Clements, Lincolnshire

SPANAKOPITA SAUSAGE ROLLS

Makes 8 ❄

Takes 45 mins plus cooling

Cost per sausage roll 85p

Preheat the oven to gas 6, 200°C, fan 180°C. Line a baking tray with baking paper. Heat 1 tbsp **olive oil** in a frying pan over a medium heat. Add 150g sliced **fresh greens** and 2 crushed **garlic cloves** and stir-fry for 4 mins until wilted. Tip into a bowl to cool completely. Remove the casings from 4 **Tesco Finest pork, fennel & chilli sausages** and add the meat to the bowl of wilted greens. Crumble in 100g **reduced-fat salad cheese** and grate over the zest of 1 **lemon**. Season lightly and mix well. Pour 2 tbsp olive oil into a bowl. You will need 4 sheets of **filo pastry**. Lay 1 filo pastry sheet out, brush with some oil and layer with another sheet of filo. Arrange half the sausage meat along the longest edge in a long log shape and roll up. Slice into 4 pieces. Arrange on the baking tray and brush with more oil. Repeat with another 2 sheets of filo and the remaining sausage meat. Sprinkle over ½ tsp **fennel seeds**, then bake for 25 mins until golden and crisp. Serve warm. Keep for up to 3 days in an airtight container in the fridge.

Each sausage roll contains

Energy	Fat	Saturates	Sugars	Salt
1052kJ 253kcal	17g	6g	2g	1.0g
13%	25%	30%	3%	17%

of the reference intake. See page 8.
Carbohydrate 12g Protein 12g Fibre 1g

FRESH GREENS PANEER CURRY

Serves 6 V GF
Takes 30 mins
Cost per serve £1.01

400g paneer, cut into 2cm cubes
¼ tsp ground turmeric
2 tbsp vegetable oil
450g fresh greens, sliced
1 onion, sliced
2 garlic cloves, peeled
3cm piece fresh ginger, peeled and chopped
1 green chilli, halved and deseeded
1 tsp garam masala
½ tsp mild chilli powder
1 lemon, juiced
cooked basmati rice

1 Toss the paneer with the turmeric. Heat 1 tbsp oil in a frying pan over a medium heat. Fry the paneer for 6-7 mins, turning regularly, until golden on all sides. Transfer to a plate.
2 Meanwhile, boil the greens for 2-3 mins until just tender. Drain, reserving a mugful of the cooking water.
3 Return the frying pan to a medium heat with the remaining oil. Add the onion, garlic, ginger and green chilli and fry for 6-7 mins until lightly golden, stirring frequently. Add the garam masala and chilli powder and cook for 1 min until fragrant. Tip into a blender, along with half the spring greens and 1-2 tbsp of the reserved cooking water; season. Blitz to a thick, smooth sauce.
4 Pour the sauce back into the frying pan, along with the remaining greens. Dot the paneer in the sauce and heat through for 2 mins. Squeeze in the lemon juice. Serve alongside the cooked rice.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1806kJ 432kcal	18g	8g	6g	0.8g
22%	26%	40%	6%	13%

of the reference intake. See page 8.
Carbohydrate 46g Protein 19g Fibre 4g

AD REMOVED

FRESH CORIANDER

CORIANDER SOBA NOODLES

Serves 2 V DF
Takes 15 mins
Cost per serve £2.57

GET AHEAD This is a wonderful make-ahead noodle salad to keep in the fridge overnight for a quick lunch or to take to work the next day.

125g soba noodles
1 tsp sesame oil
1 tbsp sesame seeds
2 pots fresh coriander
1 green chilli, deseeded and chopped
2 tbsp smooth peanut butter
2-3 tbsp reduced-salt soy sauce
1 tsp rice vinegar
½ tsp ground coriander
1½ limes, 1 zested and juiced, ½ cut into quarters
2 spring onions, trimmed and thinly sliced at an angle
2 tbsp crispy onions (optional)
chilli oil, to taste (optional)

1 Cook the noodles to pack instructions. Drain and rinse under cold water until cold. Toss in the sesame oil. Dry-fry the sesame seeds in a frying pan for 2-3 mins until toasted; set aside.
2 Put the coriander leaves and stalks (reserving a handful of leaves), chilli, peanut butter, 2 tbsp soy sauce, the vinegar, ground coriander and lime zest and juice into a blender with 75ml cold water and blend to a smooth green sauce. Taste and add a little more soy if needed.
3 Pour the sauce into a bowl with an ice cube and toss through the noodles until coated. The ice cube will keep the sauce glossy and chilled.
4 Divide between bowls and top with the spring onions, toasted sesame seeds, crispy onions, if using, and reserved coriander leaves alongside the lime quarters for squeezing over. Drizzle with chilli oil, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1465kJ 349kcal	14g	2g	5g	1.7g
17%	19%	11%	6%	29%

of the reference intake. See page 8.
Carbohydrate 42g Protein 12g Fibre 5g
Source of fibre; source of protein

RECIPES **ELSPETH ALLISON** PHOTOGRAPHY **JAMIE ORLANDO SMITH** FOOD STYLING **LUCY O'REILLY** PROP STYLING **MORAG FARQUHAR**

PICK OF THE CROP

‘Our coriander pots are packed for Tesco the moment they reach maximum aroma and taste. They can be in stores less than 36 hours after leaving the glasshouse.’

Eleri Merrett-Sheppard, commercial manager, Vitacress Herbs, West Sussex

Spicy Yemeni sauce

ZHOUG

Serves 4 as a sauce V DF GF
Takes 5 mins **Cost per serve** £1.20

Place the leaves and stalks from 2 pots **fresh potted coriander**, 30g **fresh flat-leaf parsley** (any tough stalks removed), 1 tsp **cumin seeds**, 1 small **garlic clove**, 1 deseeded **green chilli** and the juice of 1 **lemon** into a food processor and blitz until finely chopped. Season and pour in 4 tbsp **olive oil** and pulse until everything has come together as a thick sauce but still with some texture. Serve with pittas for dipping, over eggs or alongside roasted vegetables.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
554kJ 134kcal	14g	2g	1g	0.2g
7%	20%	10%	1%	2%

of the reference intake. See page 8.
Carbohydrate 1g Protein 1g Fibre 1g

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MAKE IT AT HOME
Steep a **Tesco Finest Earl Grey tea bag** in half a cupful of boiling water for 4–5 mins. Remove the bag, then stir in a splash of **vanilla syrup**. Top up with frothy steamed **milk** to serve*.

A citrussy bergamot brew

SPILL THE TEA

A frothy take on a classic cup of Earl Grey, London Fog is the drink that might just knock matcha out of the spotlight

WORDS **ELLI DONAJGRODZKI** PHOTOGRAPHY **TOBY SCOTT** FOOD STYLING **MIMA SINCLAIR** PROP STYLING **DAVINA MAJI**
*To make frothy milk by hand, heat milk, then use a small battery-operated whisk for 20–30 seconds

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Smash hits

Add more flavour – and fun – to your food with these dishes that take the smash trend to new heights

Smashed lamb burgers
p34

Thin and crisp but with a juicy middle, these smash burgers are flavoured with warm cumin and fragrant mint for a fresh take on the viral recipe.

SMASHED LAMB BURGERS

Serves 4 ❄ freeze burgers only
Takes 30 mins
Cost per serve £4.25

TIME SAVER Swap the whipped cheese for a tub of Tesco Finest whipped feta with mint, if you prefer.

2 tbsp cumin seeds
500g 10% fat lamb mince
20g fresh mint, leaves picked and chopped
20g fresh flat-leaf parsley, chopped
150g frozen petit pois
1 tbsp mint sauce
½ lemon, zested and juiced
120g reduced-fat salad cheese, crumbled
50g 0% fat Greek-style natural yogurt
1 tbsp olive oil
4-pack Tesco Finest brioche buns
20g wild rocket
1 red onion, thinly sliced

1 Toast the cumin seeds in a frying pan over a medium heat for 1-2 mins until fragrant.
2 In a bowl, mix the mince, half the cumin seeds and 15g each of the herbs until holding together well. Shape into 4 equal-sized balls. Chill.
3 Meanwhile, cook the peas in boiling water for 2-3 mins until softened and bright green. Drain and rinse until cool. Mash in a bowl to a rough consistency and stir through the remaining herbs, the mint sauce and lemon juice.
4 Use an electric whisk to beat the salad cheese and yogurt together until smooth; whisk in the remaining cumin seeds and the lemon zest. Season with black pepper.
5 Put the oil in a frying pan over a medium-high heat. Add the lamb balls and cook, untouched, for 3-4 mins until golden on the base. Flip, then compress with a spatula until about 1cm thick and cook for 2-3 mins on each side until golden and cooked throughout. Drain off the excess fat as you go. Set aside for 2-3 mins on a plate to rest.
6 Toast the cut side of each bun in the pan until lightly golden. Smooth the whipped cheese onto each cut side of the buns and fill equally with the smashed peas and rocket. Top with a lamb patty, then the sliced onion. Serve immediately.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2329kJ 555kcal	24g	10g	11g	1.4g
28%	34%	48%	12%	24%

of the reference intake. See page 8.
Carbohydrate 43g Protein 39g Fibre 6g

Smashing a cucumber allows the flavours of the marinade to penetrate throughout, creating bold flavour. Serve with vibrant, juicy bang bang chicken thighs for a fun, street food-inspired meal.

SMASHED CUCUMBER & BANG BANG CHICKEN SALAD

Serves 4 DF ❄ freeze chicken only
Takes 30 mins plus at least 30 mins marinating
Cost per serve £2.17

600g pack chicken thigh fillets, excess fat trimmed and discarded
2 tbsp reduced-salt soy sauce
1 tbsp garlic & ginger paste
2 tbsp sriracha, plus 1-2 tbsp
1 tbsp vegetable oil
1 lime, zested and juiced
1 cucumber, trimmed
2 tsp rice vinegar
2 spring onions, thinly sliced
2 tsp sesame seeds
pinch caster sugar
1 large carrot, scrubbed clean and peeled into ribbons
80g radishes, trimmed and very thinly sliced
20g fresh coriander, finely chopped
½ fresh red chilli, deseeded and thinly sliced

1 Place the chicken between 2 sheets of baking paper and bash with a rolling pin to flatten to 2cm thick. In a bowl, toss the chicken in 1 tbsp soy sauce, the ginger & garlic paste, 2 tbsp sriracha and the vegetable oil. Cover and marinate in the fridge for 30 mins or for up to 24 hrs for more flavour.
2 Heat a frying pan over a medium heat and cook the chicken for 6-7 mins on each side until golden, lightly charred and cooked through. Rest for 5 mins then cut into 1cm thick slices and top with half the lime zest and all the juice.
3 Meanwhile, bash a rolling pin along the cucumber until it cracks open, then cut into 1cm chunks. Mix the remaining soy sauce in a bowl with the vinegar, 1 tbsp sriracha, the spring onions, half the sesame seeds and the sugar.
4 Add the cucumber, carrot, radishes, chicken and most of the coriander to the cucumber and toss to mix. Top with the remaining sesame seeds, lime zest and coriander and the chilli, then drizzle with the extra sriracha to taste.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1344kJ 322kcal	18g	4g	9g	1.8g
16%	26%	21%	10%	29%

of the reference intake. See page 8.
Carbohydrate 11g Protein 27g Fibre 3g
2 of your 5-a-day; high in protein; high in vitamin A; source of vitamin B12

Smashed cucumber &
bang bang chicken salad

Cover recipe

Smash through a crisp cheese topper into a sweet and fragrant tomato soup that is laced with aromatic herbs. Freeze any leftovers in an airtight container for up to 3 months.

TOMATO SOUP WITH CHEESY TOPPER

Serves 6 ❄ freeze soup only
Takes 30 mins
Cost per serve £1.02

COOK'S TIP To make this dish veggie, remove the Parmesan and increase the Cheddar by 30g.

1½ tbsp extra-virgin olive oil
400g frozen soffritto mix
1 red pepper, deseeded and chopped
4 fresh thyme sprigs, leaves picked
pinch caster sugar
2 x 500g cartons passata
1 vegetable stock cube, crumbled
100g mature Cheddar, finely grated
40g Parmesan, finely grated
6 slices sourdough bread
1 garlic clove, halved lengthways
10g fresh flatleaf parsley, finely chopped

1 Preheat the oven to gas 6, 200°C, fan 180°C. Line 2 baking trays with baking paper.
2 Heat ½ tbsp oil in a saucepan over a medium heat. Add the soffritto, pepper and thyme. Cover and cook for 10 mins, stirring occasionally, until starting to soften.
3 Add the sugar and cook for 2 mins before stirring through the passata, stock cube and 100ml water. Bring to the boil and cook, uncovered, for 10 mins, stirring occasionally, until the vegetables have softened. Blitz with a stick blender until smooth.
4 Meanwhile, mix the Cheddar and Parmesan. Sprinkle 6 circles roughly the diameter of your soup bowl in an even 1mm thick layer onto the prepared baking trays. Bake for 13-15 mins until deep golden, bubbling and firm. Set aside to cool completely.
5 Brush the remaining oil over the bread and cook in a griddle pan over a high heat for 2-3 mins on each side until char lines appear. Rub the cut side of the garlic over the surface of the bread.
6 Ladle the soup into bowls, top with a grind of black pepper, the parsley and a cheesy crust. Use your spoon to smash the crust into the soup and serve with the garlic bread.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1388kJ 332kcal	14g	6g	13g	1.6g
17%	19%	30%	14%	27%

of the reference intake. See page 8.
Carbohydrate 36g Protein 14g Fibre 4g
2 of your 5-a-day; source of protein

Crispy, tangy and delicious, these quick breakfast tacos are easy to make and packed with flavour. Simply fry your feta and egg until crisp and use to fill a soft flour taco packed with smashed avocado and tangy pink pickled onions.

SMASHED FETA EGGS BREAKFAST TACOS

Makes 4 Ⓥ
Takes 20 mins
Cost per serve £1.15

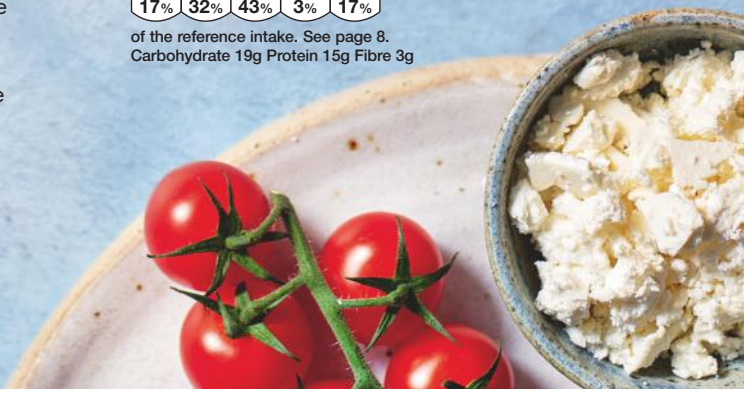
1 small red onion, thinly sliced
2 limes, 1 juiced, 1 cut into wedges
pinch sea salt
1 tsp cumin seeds
1 tbsp olive oil
100g feta, finely crumbled
4 eggs
1 tsp crushed chillies
4 mini plain tortilla wraps
1 ripe avocado
10g fresh coriander, chopped
8 cherry tomatoes, chopped

1 Toss the onion in the lime juice and a pinch of sea salt. Set aside to pickle while you make the eggs.
2 Toast the cumin seeds in a nonstick frying pan over a medium heat for 1-2 mins until fragrant. Set aside.
3 Working in batches, if needed, drizzle a little oil onto the base of the frying pan set over a medium heat. Crumble in a quarter of the feta in a single layer and cook for 1-2 mins until evenly melted and sizzling. Crack an egg directly onto the feta and sprinkle with the chillies and cumin. Cook for 3-4 mins until the white is set, the yolk is runny and the feta is crisp and golden. Cover the pan with a lid if you prefer a more set yolk. Repeat to cook all 4 eggs, if working in batches.
4 Warm the tortillas to pack instructions, then smash the avocado onto each one in an even layer using a fork. Top each with a crispy feta egg, the drained pickled onion, coriander and tomatoes and serve with lime wedges for squeezing over.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1445kJ 347kcal	23g	9g	3g	1.0g
17%	32%	43%	3%	17%

of the reference intake. See page 8.
Carbohydrate 19g Protein 15g Fibre 3g



Smashed feta eggs breakfast tacos

Tomato soup with cheesy topper p36

RECIPES **CATE WALTON** | PHOTOGRAPHY **TOBY SCOTT** | FOOD STYLING **MIMA SINCLAIR** | PROP STYLING **JENNY IGGLEDEN**

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Cooking hacks

No time? No problem. The *Tesco* mag team – and a few familiar faces – share their favourite speedy cooking hacks for proper fast food

Midweek magic

Get dinner on the table in a flash

'For a sauce that's ready in the time it takes to boil pasta, my go-to is a cheat's seafood pasta. Just boil linguine, adding a pack of white wine mussels (in their bag) for the final 8 mins. Meanwhile, fry halved cherry tomatoes in garlic and chilli, then add raw king prawns and cook through. Then toss in the cooked mussels and their juices with the drained pasta and chopped parsley.'
Rachael, Group content director

'Don't be afraid of high heat. A hot uncoated pan gives better colour and flavour quickly, especially for veggies like mushrooms and stir-fries.'
Dee, Chef, The Tesco Kitchen

'It's so basic, but so many people forget to do this: always put a lid on anything you're boiling as it makes it quicker and uses less energy.'
Imogen, Acting deputy food editor

Roast wins

Shortcuts to speed up your Sunday best

'For roast chicken in under an hour – spatchcock! Put the whole bird breast-side down and use a sharp knife or kitchen scissors to cut along each side of the backbone to remove it (save it for making stock). Turn over and press down firmly to snap the breast bone (this helps it lay flat). Roast at gas 6, 200°C, fan 180°C until cooked through.' **Hannah, Digital editor**

'My newest trick is cooking roast potatoes in the air-fryer. The best bit? No need to par-boil! Peel, toss in oil, then cook on the base of an air-fryer (remove the rack) at 180°C for about 35 mins or until crispy, shaking every 5 mins or so. For max flavour, baste with the juices from your meat joint while cooking.' **Elli, Head of food**

'Save the cooking water from boiling veg and use it in your gravy. It will add a little extra flavour and also saves you having to boil the kettle.' **Julie, Deputy chief sub editor**

Flavour savers

Inject flavour fast

'I always have garlic and chilli oils in the cupboard, which means I can still get the flavour even if I don't have fresh. Drizzle it over roasted veggies, stir-fries, pasta, whatever! I also store chillies and peeled ginger in the freezer then grate them straight into dishes – they melt right in.' **Sarah, Digital content director**

'Throw a handful of crispy fried onions into any sauce, let it bubble away and suddenly whatever you are cooking will taste undeniably better. Curries, stir-fries, stews, Bolognese - it works a treat. If you can be bothered to blitz them first too, then they will melt into the sauce even quicker.' **Jeremy Pang, TV chef and recipe book author**

'Acid is an underrated trick. If a dish tastes a bit flat, try adding a squeeze of citrus or splash of vinegar instead of more salt. It instantly wakes everything up.' **Seren, Chef, The Tesco Kitchen**

'When I'm short on time but want depth of flavour, I reach for preserved lemons or harissa paste. A small spoonful stirred in at the end of cooking adds instant brightness and complexity that usually takes hours to build. It's my shortcut to slow-cooked flavour in a no-time-to-cook meal.' **Nargisse Benkabbou, Chef and author**

Prep goals

Take the hassle out of meal prep

'I swear by the frozen Tesco soffrito mix – a mix of diced onion, carrot and celery. It saves so much prep time when making soups, stews and ragus. It's chopped so finely as well, meaning faster cooking times.' **Victoria, Senior commercial editor**

'I always cut lemons on a 45-degree angle, not straight. It gives a bigger surface area so you can squeeze more juice out, plus it makes for neater wedges. Always zest lemons before squeezing; store the zest in the freezer to use in other dishes.' **Dina Macki, chef and food writer**

'I thank myself for, earlier in the week, having peeled and sliced extra onions, garlic cloves and even spring onions, ginger and lemongrass. I keep them refrigerated in lidded containers to use later on.' **Uyen Luu, Food writer and photographer**

COMPILED BY **ELLI DONAJGRODZKI** PHOTOGRAPHY **KRIS KIRKHAM** FOOD STYLING **ELLA TARN** PROP STYLING **MAX ROBINSON**

WINES THAT SHINE

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Dress to impress

Perfect a few simple dressing recipes and you'll never eat another boring salad again

RECIPES **IMOGEN HOPE** PHOTOGRAPHY **KRIS KIRKHAM** FOOD STYLING **ELLA TARN** PROP STYLING **MAX ROBINSON**

THE ULTIMATE FRENCH VINAIGRETTE

Makes about 200ml V DF GF
Takes 5 mins **Cost per tbsp** 9p

SERVE IT Drizzle over a leafy salad topped with jammy boiled eggs for the perfect side. Swap the parsley for tarragon or chives and toss through a chicken salad. Add a spoonful of chopped capers and swap the Dijon mustard for wholegrain and drizzle over smoked salmon or steamed fish.

Finely dice ½ a **small shallot** and a handful of chopped **fresh flat-leaf parsley**. Add these to a clean jar with a tight-fitting lid along with 2 tbsp **Dijon mustard**, 1 tsp **clear honey**, 2 tbsp **red wine vinegar** and 90ml **extra-virgin olive oil**. Seal the lid and shake until you have a creamy emulsified vinaigrette.

Each tbsp contains

Energy	Fat	Saturates	Sugars	Salt
302kJ 73kcal	8g	1g	0g	0.2g
4%	11%	6%	0%	3%

of the reference intake. See page 8.
Carbohydrate 1g Protein 0g Fibre 0g

SPEEDY TERIYAKI-STYLE DRESSING

Makes about 125ml V DF
Takes 5 mins **Cost per tbsp** 9p

SERVE IT Toss with grilled salmon, rice and salad leaves topped with sesame seeds for an easy salad. Or use it as a sauce for a stir-fry, letting the dressing reduce over a low heat until sweet and sticky.

Add 1 tbsp **clear honey**, 1 tsp **garlic & ginger paste**, 3 tbsp **reduced-salt soy sauce**, 1 tbsp **rice wine vinegar**, 1 tbsp **sesame oil** and 2 tbsp water to a clean jar with a tight-fitting lid. Screw on the lid and shake vigorously to mix. Taste and adjust to your preference – add more honey if you like it sweeter or soy sauce if it needs more salt.

Each tbsp contains

Energy	Fat	Saturates	Sugars	Salt
135kJ 32kcal	2g	<1g	1g	0.5g
2%	3%	2%	1%	9%

of the reference intake. See page 8.
Carbohydrate 4g Protein 0g Fibre 0g

THE ONLY SATAY SAUCE YOU NEED

Makes about 300ml DF
Takes 5 mins **Cost per tbsp** 10p

SERVE IT Drizzle over steak or veggie skewers. Toss through noodles and shredded veggies for a quick salad. Add chopped peanuts to the top for a little crunch, or a pinch of crushed chillies if you like it spicy.

Whisk together a 160ml tin **coconut cream**, 50g **smooth peanut butter**, 1 tbsp **reduced-salt soy sauce**, 1 tbsp **fish sauce**, ½ tsp **ground cumin** and 1½ tbsp **dark brown soft sugar** in a saucepan over a low heat. Cook, stirring continuously, until the sauce begins to thicken. Remove from the heat and add the juice of a **lime**. Serve warm or chilled.

Each tbsp contains

Energy	Fat	Saturates	Sugars	Salt
151kJ 36kcal	3g	2g	1g	0.3g
2%	4%	8%	2%	5%

of the reference intake. See page 8.
Carbohydrate 2g Protein 1g Fibre <1g

GIVE ME MORE!
Scan the code to find more dressing ideas, on Tesco Real Food.

RAISING THE BAR

From the trending spritz to fermented fizz, we know what you'll be drinking this summer

Spritz season

If this decade were a drink, it would be the spritz. Aperol got us hooked first, but since then we've had the Hugo, the Limoncello, the Campari... And this summer, we're betting on the Bicicletta. As drinks writer Miriam Nice says, 'This easy-to-make cocktail sits somewhere between a Negroni and an Aperol Spritz. It's lighter and fresher than a Negroni but retains the pleasing bitterness.' Check out our Bicicletta recipe, opposite. For a ready-made choice, try the Spritzi Aperitivo Blood Orange Flavoured Drink (see right).

Trend setters

Pet Nat Phos, £12. Sparkling Chardonnay from Argentina. **Vinca Organic White Wine, £9**. Award-winning, crisp white wine from Sicily that comes in lightweight, recyclable aluminium bottles (see below). **Spritzi Aperitivo Blood Orange Flavoured Drink 200ml, £2.05** (£10.25/ltr). Aromatic aperitif that's ready to drink.

Wine not try...

...these natural takes on your classic red or white wine

Pét-nat Pét-nat wine – or *pétillant naturel* – is a sparkling wine made using a traditional method. The wine continues to ferment in the bottle, giving it a natural, gentle fizz and a fresh flavour with no added sugar. **Boxed wines** Boxed and canned wines are popular right now, especially with environmentally-minded customers. Tesco Wine Route New Zealand Sauvignon Blanc 2.25ltr, for example, has packaging that is 86% lighter than the equivalent in glass bottles, saving CO2 transport emissions. **Clever bottles** Vinca comes in recycled and recyclable aluminium bottles that claim a carbon footprint 47% lower than a regular glass one*.

Tesco Wairau Cove 187ml mini wines have been switched to cans, which are 94% lighter than the equivalent in glass bottles, saving CO2 transport emissions.

DAYTIME DRINKING

According to Drinkaware**, 90% of us are trying to moderate our drinking – an increase from the 84% in 2018. Gen Z in particular has embraced the 'daycap', a more relaxed, social drinking occasion that swaps nighttime cocktails for low- and no-alcohol alternatives. There's also been a rise in sophisticated mocktails, CBD drinks and matcha (look out too for Hojicha, matcha's slow-roasted cousin, which has a gentle, nutty flavour). Our favourite is the micro Martini – a classic cocktail in mini form that offers all the flavour without the temptation of overdoing it. Find our recipe at tes.co/micromartinis.

WORDS **ELLI DONAJGRODZKI** RECIPES **MIRIAM NICE** PHOTOGRAPHY **JAMIE ORLANDO SMITH** FOOD STYLING **LUCY O'REILLY** PROP STYLING **MORAG FARQUHAR**
*Source: vincawine.com/blogs/news/vinca-wine-launches-uks-first-100-recycled-aluminium-wine-bottle **Source: drinkaware.co.uk/research/drinkaware-monitors/drinkaware-monitor-2024

BICICLETTA SPRITZ

Makes 1 DF GF
Takes 5 mins **Cost per drink** £2.01

Pour 50ml **Campari** and 50ml **Tesco Finest Pinot Grigio** into a large wine glass. Add a few large ice cubes and top with 75ml **soda** or **sparkling water**. Stir briefly to combine and garnish with **orange slices** to serve.

Each drink contains

Energy	Fat	Saturates	Sugars	Salt
672kJ 161kcal	0g	0g	16g	0g
8%	0%	0%	18%	0%

of the reference intake. See page 8.
Carbohydrate 16g Protein 0g Fibre 0g

bedrinkaware.co.uk 18+

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Fast fish

Need a quick dinner fix? Check out our fantastic four speedy superheroes, ready in a flash

COD KATSU CURRY

Serves 4 ❄ freeze sauce only
Takes 35 mins
Cost per serve £2.10

- 4-pack frozen breaded chunky cod fillets
- 250g jasmine rice
- 1 tbsp vegetable oil
- 2 carrots, peeled and finely diced
- 1 onion, chopped
- 2 garlic cloves, chopped
- 5cm piece fresh ginger, peeled and chopped
- 1 tsp curry powder
- ½ vegetable stock cube, made up to 250ml
- ½ cucumber, halved lengthways and sliced
- 15g fresh coriander, leaves picked and chopped
- 1 tsp rice vinegar

1 Preheat the oven to gas 6, 200°C, fan 180°C. Cook the fish and rice to pack instructions.
2 Meanwhile, add the oil to a saucepan over a low-medium heat and fry the carrots, onion, garlic and ginger for 10 mins until soft and sweet. Add the curry powder, cook for a further 1 min, then pour in the stock. Simmer gently for 5 mins, then blitz until smooth with a stick blender.
3 Mix the cucumber with most of the coriander and the vinegar; season. Serve the fish with the katsu sauce, rice and cucumber salad. Garnish with the remaining coriander.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2376kJ 565kcal	16g	2g	9g	1.5g
28%	23%	10%	10%	25%

of the reference intake. See page 8.
Carbohydrate 81g Protein 21g Fibre 6g
1of your 5-a-day; source of protein

INDIAN-SPICED MUSSELS

Serves 2 GF
Takes 20 mins
Cost per serve 99p

- 1 tbsp vegetable oil
- 1 onion, finely sliced
- 4 garlic cloves, sliced
- 5cm piece fresh ginger, finely sliced
- 2 tbsp Keralan-style curry paste
- 80ml coconut cream
- 1 red chilli, deseeded if you like, sliced
- 500g pack garlic Scottish mussels
- 15g fresh coriander, leaves picked and chopped
- 2 naans, warmed (optional)

1 Warm half the oil in a deep saucepan; cook the onion over a low-medium heat for 10 mins. Add half the garlic and ginger and the curry paste. Stir for 2 mins, then pour in the coconut cream and 150ml cold water. Mix until smooth; bring to a simmer.
2 Meanwhile, warm the remaining oil in a frying pan. Fry the chilli and the remaining garlic and ginger on a low-medium heat for 5-7 mins until golden; set aside.
3 Add the mussels to the saucepan; cover and simmer for 5 mins or until hot. Ladle into bowls, spoon over the chilli, garlic and ginger; add the coriander. Serve with naans, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1341kJ 322kcal	22g	11g	7g	1.9g
16%	32%	55%	7%	32%

of the reference intake. See page 8.
Carbohydrate 14g Protein 14g Fibre 4g

MOQUECA STEW WITH BASA

Serves 4 DF GF
Takes 25 mins
Cost per serve £2.01

1 tbsp vegetable oil
1 onion, finely chopped
3 garlic cloves, chopped
15g fresh coriander, stalks and leaves separated and chopped
1 tsp paprika
½ tsp cayenne pepper, plus extra
2 ripe salad tomatoes, chopped
2 red peppers, deseeded and sliced
400ml tin light coconut milk
4 skinless and boneless basa fillets
2 x 250g packs microwave long-grain rice
1 lime, sliced into wedges

1 Warm the oil in a deep, lidded frying pan. Add the onion and fry for 5 mins over a low-medium heat until softened. Add the garlic, coriander stalks, paprika and cayenne pepper and cook, stirring, for a further 5 mins.
2 Add the tomatoes and peppers and cook for 3 mins. Pour in the coconut milk, rinsing the tin with 300ml water and adding to the pan. Bring to a simmer.
3 Lower the fish into the sauce, cover and poach for 5-7 mins until cooked. Meanwhile, cook the rice to pack instructions.
4 Serve the fish with the rice, ladling over the sauce and veg. Sprinkle over the coriander leaves and extra cayenne pepper; serve with lime wedges.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1783kJ 426kcal	15g	7g	8g	0.5g
21%	21%	35%	8%	8%

of the reference intake. See page 8.
Carbohydrate 41g Protein 27g Fibre 8g

MACKEREL NIÇOISE SALAD

Serves 4 DF GF
Takes 25 mins
Cost per serve £2.57

COOK'S TIP Use fresh mackerel, if you like.

750g baby potatoes, larger ones halved
4 eggs
200g pack fine beans, trimmed
240g pack smoked mackerel fillets
2 Little Gems, chopped
200g cherry tomatoes, halved
25g drained black pitted olives
10g fresh chives, chopped
For the dressing
1 tsp Dijon mustard
½ lemon, juiced
2 tbsp extra-virgin olive oil

1 Boil the potatoes for 20 mins, adding the eggs for the final 7 mins and the beans for 5 mins. Drain. Let the beans steam-dry; peel and quarter the eggs.
2 Meanwhile, whisk together the dressing ingredients.
3 Fry the mackerel, skin-side down, over a medium heat for 3-4 mins, then flip and fry for 1-2 mins until the skin is crisp and the flesh moist and opaque.
4 Toss the lettuce, tomatoes, olives, most of the chives, the drained potatoes and green beans together with the dressing.
5 Divide the salad among plates. Remove and discard the skin from the mackerel, then flake over the salad. Top with the eggs and remaining chives to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2111kJ 505kcal	28g	6g	6g	1.8g
25%	40%	32%	7%	29%

of the reference intake. See page 8.
Carbohydrate 32g Protein 27g Fibre 6g

RECIPES **MADDIE RIX** PHOTOGRAPHY **TOM REGESTER** FOOD STYLING **LUCY O'REILLY** PROP STYLING **DAVINA MAJI**

COOKING 101
Quiche

In the first of a new step-by-step series, we give a classic dish a fresh spin

For some reason, the phrase 'I'm making a quiche' never gets the delighted reaction it deserves. But we're here to remind you that a homemade quiche is a beautiful thing. Crisp, buttery pastry with a fluffy, rich filling – what could be better? Invite friends round for lunch and serve it with a leafy green salad tossed in a bright, sharp dressing. Or take it along to a picnic to enjoy alongside the mandatory crisps and houmous (just don't leave it sitting in the sunshine for too long).

Although it has its origins in French cuisine, there's no doubt that quiche has become an honorary British dish – and no quiche more so than quiche Lorraine. For our recipe, p54, we've added a twist that might offend not only our French friends, but also the Italians (we're sorry!), by turning it into a carbonara quiche. Don't worry, though: there's no pasta lurking in the pastry. Rather, this is a quiche Lorraine turned up to 11 with a super-rich, cheesy filling and extra-crispy pancetta.

Some people make their Lorraine with puff pastry, but we've opted for ready-made shortcrust here, both for ease and for its rich, crumbly texture. The combination of cheese, cream and egg yolks makes for a glossy filling, with lots of ground black pepper. Shards of pancetta add a salty crunch to the dish.

If you really want to pull out all the stops, why not try your hand at making the shortcrust pastry? Scan the QR code on p54 to get a step-by-step recipe.

Carbonara quiche p54

CARBONARA QUICHE

Serves 8
Takes 1 hr 5 mins plus cooling
Cost per serve £1.29

FREEZE IT Allow the cooked quiche to cool completely, then wrap tightly in clingfilm. Freeze for up to 3 months. Reheat from frozen in an oven preheated to gas 4, 180°C, fan 160°C for 20-25 mins, or until piping hot throughout.

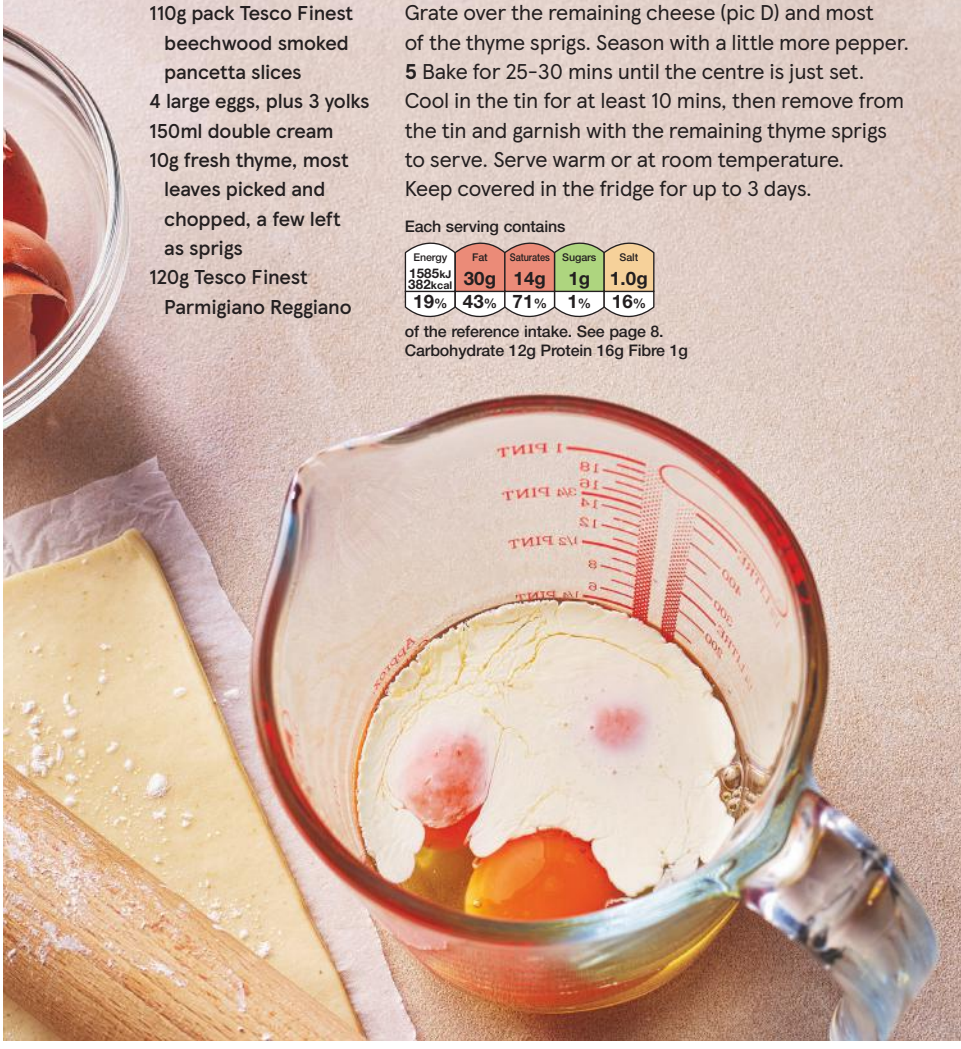
butter, for greasing
320g pack ready-rolled shortcrust pastry
110g pack Tesco Finest beechwood smoked pancetta slices
4 large eggs, plus 3 yolks
150ml double cream
10g fresh thyme, most leaves picked and chopped, a few left as sprigs
120g Tesco Finest Parmigiano Reggiano

1 Preheat the oven to gas 4, 180°C, fan 160°C. Lightly grease a 23cm nonstick loose-bottomed fluted tart tin with butter. Unroll the pastry and, on its baking paper, use a rolling pin to increase the width by about 1cm. Transfer the pastry to the tin (pic A); ease into the corners, using the trimmings to fill any gaps. Trim the edges with a knife and prick the base with a fork. Cover the pastry with the baking paper and fill with baking beans or uncooked rice. Blind bake for 15 mins, remove the beans and paper (pic B), then bake for a further 5-10 mins until pale golden.
2 Meanwhile, heat a frying pan over a medium-high heat, add the pancetta and cook for 2-3 mins, turning occasionally until deep golden and crisp. Transfer to a plate to cool slightly.
3 Add the eggs, egg yolks, cream and chopped thyme to a large jug. Finely grate in most of the cheese and whisk everything together well. Season generously with freshly ground black pepper.
4 Break the pancetta pieces in half and scatter half over the pastry base (pic C). Pour over the egg mixture, then top with the remaining pancetta. Grate over the remaining cheese (pic D) and most of the thyme sprigs. Season with a little more pepper.
5 Bake for 25-30 mins until the centre is just set. Cool in the tin for at least 10 mins, then remove from the tin and garnish with the remaining thyme sprigs to serve. Serve warm or at room temperature. Keep covered in the fridge for up to 3 days.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1585kJ 382kcal	30g	14g	1g	1.0g
19%	43%	71%	1%	16%

of the reference intake. See page 8.
Carbohydrate 12g Protein 16g Fibre 1g



QUICHE TIPS

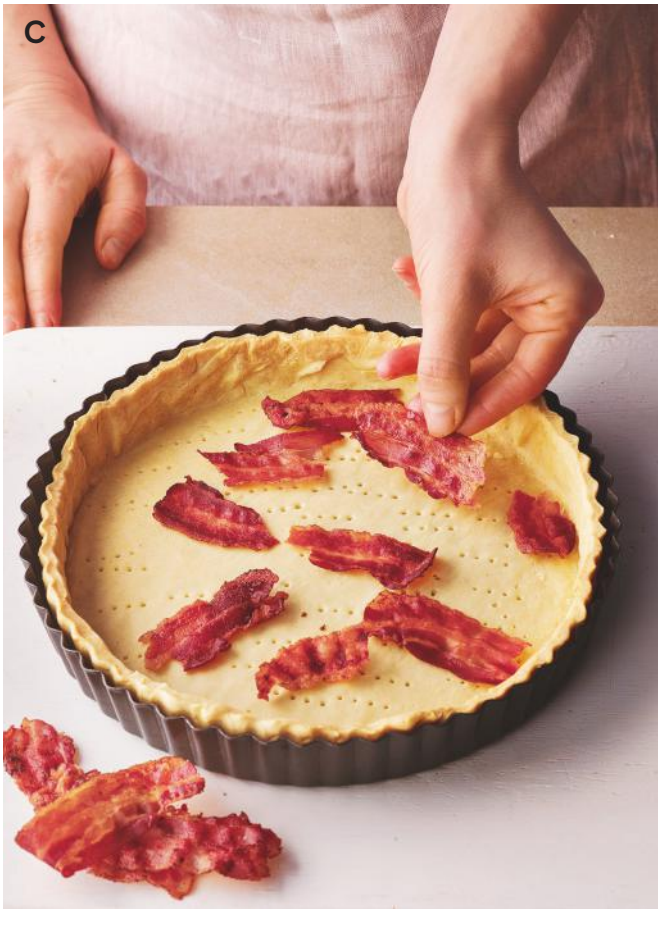
Patch it up
When lining a tin with pastry, use a little excess pastry to patch any gaps or cracks, gently smoothing with your fingers.

Pricking pastry
Using a fork to prick the pastry base (docking) is an important step, as it allows steam to escape and stops the pastry puffing up.

Blind bake
Make sure you line your pastry with baking paper before adding the baking beans or rice, to stop them sticking.

Look for the wobble
Remove your quiche from the oven when it still has a slight wobble in the centre, as this will help avoid it overcooking.

GIVE ME MORE!
Scan the QR code to find a recipe for shortcrust pastry, on Tesco Real Food.



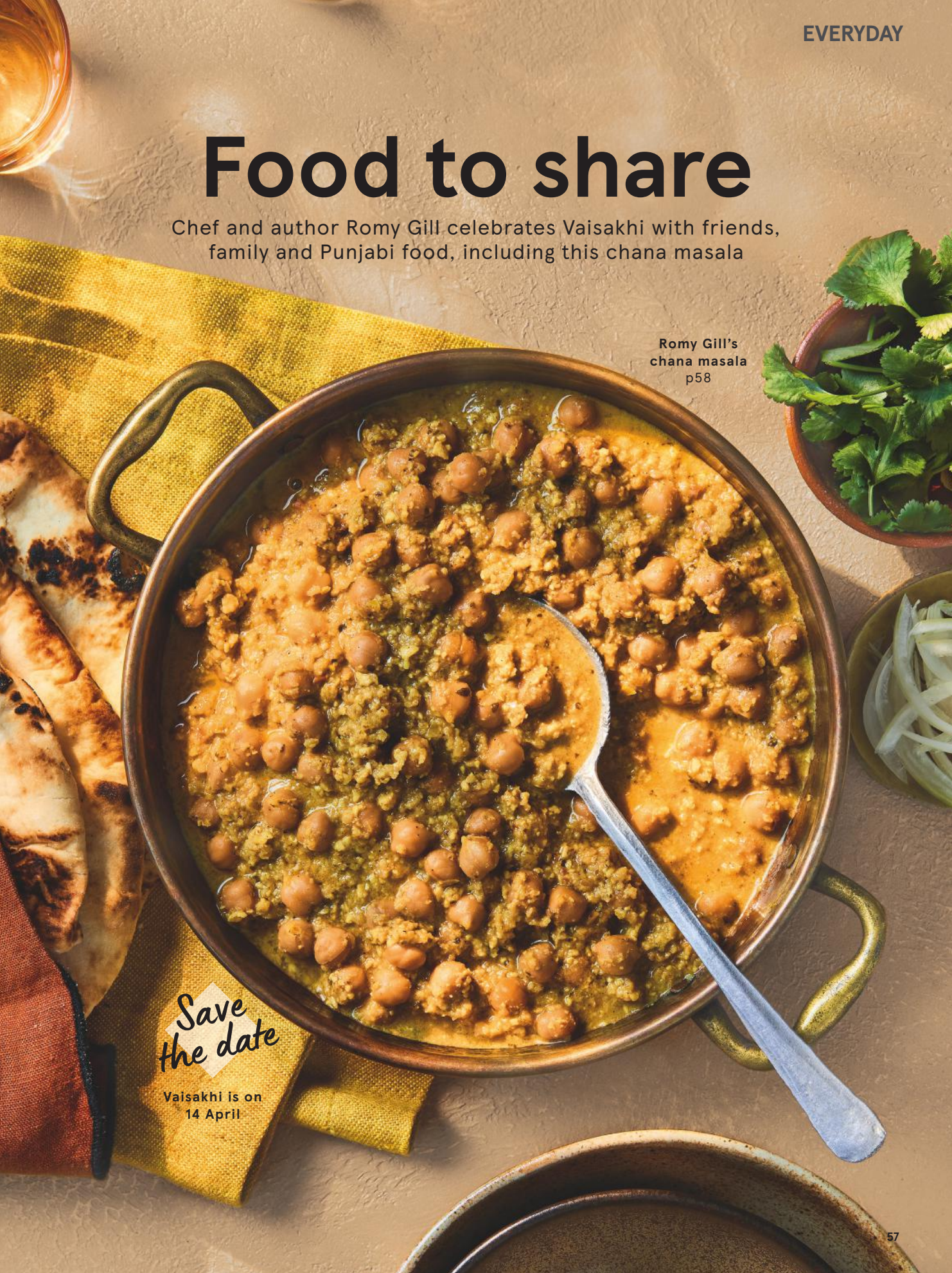
WORDS **IMOGEN HOPE** RECIPE **ANGELA ROMEO** PHOTOGRAPHY **KRIS KIRKHAM** FOOD STYLING **ELLA TARN** PROP STYLING **MAX ROBINSON**

Available in the majority of larger stores.

Available at TESCO

Food to share

Chef and author Romy Gill celebrates Vaisakhi with friends, family and Punjabi food, including this chana masala



Romy Gill's chana masala
p58

Save the date

Vaisakhi is on 14 April

ROMY GILL MBE (@romygill) is a chef, broadcaster and award-winning cookbook author.

'Vaisakhi is a time of celebration, reflection and togetherness, spent with family and community. My family, friends and I visit the *gurdwara* [the Sikh place of worship] and share *langar* [vegetarian food]. It is an opportunity to reflect, be grateful and enjoy being together. This *chole* [chickpea] recipe is a dish I grew up eating during celebrations. It's hearty, flavourful and perfect for sharing, which is what Vaisakhi is all about. There are countless ways to make *chole* or chana masala in Indian households. Each of us brings our own spice blends, techniques and little secrets that make the dish uniquely ours. This version has the perfect balance of spices and beautiful creaminess that tie everything together with each ingredient.'

ROMY GILL'S CHANA MASALA

Serves 4 VG DF FZ
Takes 50 mins
Cost per serve £1.33

6cm piece fresh ginger, peeled and chopped
8 large garlic cloves
2 brown onions, 1 chopped, 1 thinly sliced
3 green bird eye chillies
10g fresh coriander, chopped, plus extra to garnish
100g salad tomatoes, diced
½ Bramley apple, chopped
25g cashew nuts
2 tbsp sunflower oil
2 tsp garam masala
½ tsp ground turmeric
2 x 400g tins chickpeas, drained and rinsed
2-pack Tesco Finest flame-baked flatbreads

1 Put the ginger, garlic, chopped onion, chillies and coriander in a blender and blitz to a fine paste. Remove from the blender and set aside.
2 Without washing the blender, add the tomatoes, apple and cashews. Blitz to a fine paste and set aside. Add 50ml water to the blender to pick up the remaining bits of the paste, adding it to the tomato mixture.
3 Heat the oil in a lidded frying pan over a medium heat. Once hot, add the coriander paste and cook for 10 mins, stirring continuously to prevent burning. Add the tomato paste, stir and cook for 5–6 mins, still stirring continuously.
4 Add ½ tsp salt, the garam masala and turmeric and cook for another 1 min. Add the chickpeas and cook for 5 mins, mixing to ensure they're fully coated in the masala.
5 Add 500ml hot water and bring to a boil. Reduce the heat to low, cover and simmer for 15 mins. Meanwhile, heat the flatbreads to pack instructions.
6 Remove from the heat and let the dish rest for at least 5 mins before serving. Serve with the thinly sliced onion, extra coriander and flatbreads.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1940kJ 464kcal	18g	2g	9g	1.2g
23%	26%	12%	10%	20%

of the reference intake. See page 8.
Carbohydrate 53g Protein 17g Fibre 11g
2 of your 5-a-day; source of fibre

'I grew up eating this dish during celebrations. It's hearty, flavourful and perfect for sharing, which is what Vaisakhi is all about'

RECIPE **ROMY GILL** PHOTOGRAPHY **ELLA MILLER** FOOD STYLING **TROY WILLIS** PROP STYLING **JENNY IGGLEDEN**

Ella's kitchen

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PASTA + SAUCE

It's a match made in heaven, but finding the perfect combo is a science. We reveal the pairings that elevate every dish

You can't have one without the other and, when it comes to pasta and sauce, there are guidelines to follow (even if you don't stick to them every time). Ever had penne with Bolognese? It just seems wrong. That's because different pasta shapes are designed with specific types of sauce in mind. Whether it's long noodles to complement a glossy sauce, or small shapes that cook quickly in soups without becoming mushy, this guide will help you with your pairings.

As long as you have a packet of pasta in the cupboard, you'll be able to put together a quick and delicious dinner

THE BOLOGNESE DEBATE
Spag Bol is a family favourite, and we won't hear a word against it. But there's a difference between a British Bolognese and a slow-cooked Italian ragu that suits a different pasta shape. That's because spaghetti is thin and round and works best with sauces that cling to the pasta, like a simple tomato sauce. Linguine is the wider, flatter cousin of spaghetti and can support slightly heavier sauces like puttanesca. Tagliatelle, which is even wider and flatter, stands up to heavier sauces, making it perfect for a rich ragu.

MICRO PASTA
The smallest of pasta shapes, like orzo and margheritine, are called pastina and are designed to be cooked in *brodo*, a type of Italian stock, or as a part of soups or stews. This allows the pasta's starch to be released as it cooks, making for a thicker, more satisfying mouthful.

CATCH THE TUBE
Tube-shaped pastas are some of the most satisfying because of their ability to hold sauce. It's one of the reasons why macaroni cheese is such a comforting meal – aside from the copious amounts of cheese! Penne is larger than macaroni and cut on the bias, giving it pointed ends. Its ridged sides are great for catching sauces like arrabbiata, a spicy tomato sauce. Rigatoni is a bigger tube, also with a ridged exterior, which lends itself beautifully to a creamy carbonara.

FRESH VS DRIED
As long as you have a packet of dried pasta in the cupboard, you'll be able to put together a quick and delicious dinner but there are some cases where fresh is best. Fresh pasta tends to be made with eggs and is softer than dried, making it well suited to buttery sauces where you don't need an al dente bite.

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+
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+
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Thick & Creamy Mascarpone 250g, £2.25 (90p/100g)
+
Rigatoni 500g, 75p (15p/100g)
+
Tesco Finest 'Nduja, Fire-Roasted Pepper & Mascarpone Sauce 250g, £2.80 (£1.12/100g)

Tesco Finest Parmigiano Reggiano 170g, £3.85 (£2.26/100g)
+
Tesco Finest Reginette 300g, £2 (67p/100g)*
+
Tesco Finest Bolognese Sauce 340g, £1.85 (54p/100g)

Fresh Tagliatelle 300g, £1.50 (50p/100g)
+
British Flat Leaf Parsley, £1.60
+
Tesco Finest Parmesan & Mascarpone Sauce 250g, £2.80 (£1.12/100g)

WORDS **IMOGEN HOPE** PHOTOGRAPHY **TOBY SCOTT** FOOD STYLING **MIMA SINCLAIR** PROP STYLING **DAVINA MAJI**
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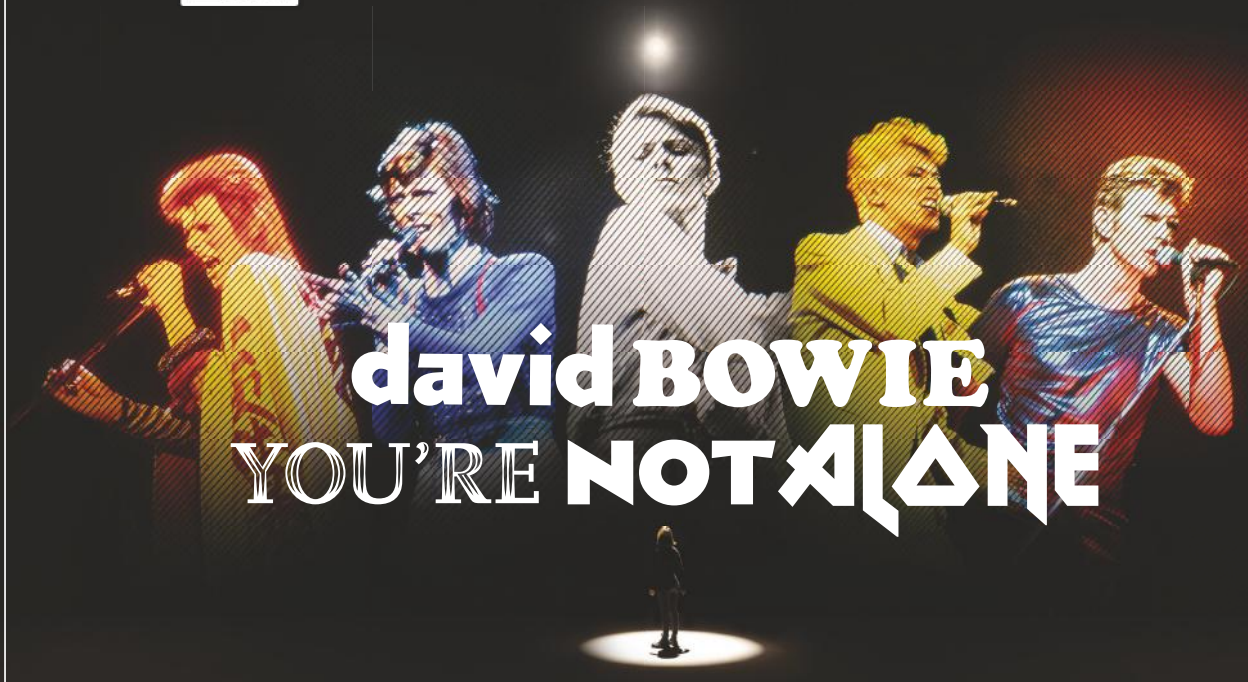
DAVID BOWIE: YOU'RE NOT ALONE IN LONDON!



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Make a difference

Shop the Tesco Free From range and help support The Natasha Allergy Research Foundation

Tesco is a long-term partner of The Natasha Allergy Research Foundation, the UK's food allergy charity, whose mission is to improve the lives of millions through research, education and campaigning and, ultimately, #MakeAllergyHistory.

This year, Tesco is also supporting the Foundation's Allergy School programme, which delivers free resources to schools to improve awareness and understanding of food allergies, with advice on how to be safe.

EVERY LITTLE HELPS

During Allergy Awareness Week (22-28 April), Tesco will donate 10p from every Tesco Free From product sold in store and online, to support allergy awareness initiatives*. Over the past six years, Tesco customers have helped to raise over £1.3 million for the Foundation's vital clinical trial research through this and other fundraising events. The Tesco Free From range launched in 2003 and has since grown to offer more than 175 products that have each been rigorously tested and certified to meet allergy-safe standards. The range has everything from storecupboard staples to sweet treats, with items made without gluten, wheat, milk, egg and soya.

Did you know?

Over £602,000 was raised for the Foundation in 2025 through customer round-up donations and Tesco donations for every Tesco Free From product purchased.

FROM TOP Free From Tiger Rolls 4-pack 260g, £2.85 (£1.10/100g); **Free From Sweet & Sour Meal Kit 250g, £2.75** (£1.10/100g); **Free From Rosemary & Sea Salt Focaccia 350g, £2.95** (84p/100g)

GIVE ME MORE!

Scan this QR code to read more about The Natasha Allergy Research Foundation.

*Tesco Stores Limited will donate 10p from the sale of every Tesco Free From product sold in Tesco stores and on Tesco.com between 22 and 28 April 2026 to The Natasha Allergy Research Foundation. The Natasha Allergy Research Foundation is registered as a charity in England and Wales (no 1181098) and in Scotland (no SCC61610)

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5 FOR £25

Five pocket-friendly, reader-approved recipes for your family to enjoy midweek

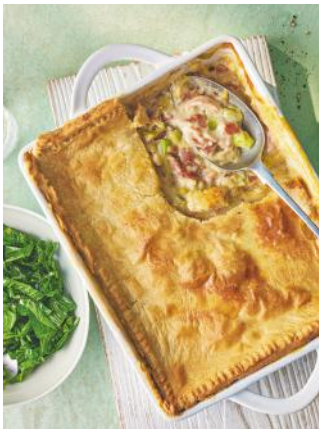
Tried it, liked it

Nicky lives in Aylesbury with her partner, her two girls aged 11 and 15, and her two-year-old son. 'I consider family mealtimes important. My kids are great at trying and eating new things, which makes it easier for me to offer them fresh and healthy meals.'

'Tesco magazine tends to be my go-to read for finding family-friendly recipes'

GET INVOLVED

Want to test one of our family dinner meal plans for four? Email tesco.mag@cedarcom.co.uk for your chance to get involved.



AD REMOVED

MEDITERRANEAN TRAYBAKE

Serves 4 V
Takes 55 mins

- 4 baking potatoes, cut into 3cm chunks
- 2 tbsp vegetable oil
- 1 red onion, cut into 8 wedges
- 1 red pepper, cut into thin strips
- 250g pack cherry tomatoes
- ½ red chilli, deseeded and finely diced
- 95g reduced-fat pesto
- 150g salad cheese, crumbled into chunks
- 4 wholemeal pitta breads, halved

'Pesto and cheese work so well together. I had the leftovers for my lunch the next day'

1 Preheat the oven to gas 9, 240°C, fan 220°C. Arrange the potato chunks on a baking tray, drizzle over 1½ tbsp oil, season and toss to coat. Roast for 25 mins, stirring halfway through.
2 Reduce the oven to gas 7, 220°C, fan 200°C. Remove the potatoes from the oven and add the onion, pepper, tomatoes and half the chilli; drizzle with the remaining oil. Roast for 15 mins until the onion and peppers are tender and the tomatoes are bursting.
3 Stir through most of the pesto, scatter over the cheese and return to the oven for 6-8 mins until the cheese is golden brown.
4 Lay the pittas out on a baking tray and pop in the oven for the final 2 mins of the cooking time.
5 Drizzle over the remaining pesto and top with the remaining chilli. Serve with the pitta breads.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2210kJ 527kcal	18g	5g	9g	1.5g
26%	26%	24%	10%	25%

of the reference intake. See page 8.
Carbohydrate 68g Protein 17g Fibre 12g
1 of your 5-a-day; source of fibre

LEMON, CHILLI & TUNA SPAGHETTI

Serves 4 DF
Takes 25 mins

COOK'S TIP Scooping out the cooking water before draining the pasta means that the water has the highest concentration of starch, which helps to create a glossy sauce.

- 2 tbsp vegetable oil
- 2 wholemeal pittas, torn into chunks
- 3 garlic cloves, crushed
- 350g spaghetti
- 1 red chilli, deseeded and finely chopped
- 1 lemon, zested and juiced
- 400g tin tuna, drained
- 80g pack watercress
- 15g fresh flat-leaf parsley, chopped

'I loved how the lemon zest and chilli gave this a freshness'

1 Heat half the oil in a frying pan over a medium-high heat and add the pitta chunks. Fry for 4-5 mins until crispy, then add a third of the garlic and cook for 1-2 mins until the garlic has softened. Tip onto a plate to cool. Wipe the pan.
2 Cook the spaghetti to pack instructions. Meanwhile, return the frying pan to a medium heat and add the remaining oil. Add the remaining garlic, the chilli and lemon zest with a pinch of salt and cook for 3-4 mins until soft. Flake in the tuna and cook until the tuna is heated through.
3 Just before the spaghetti is cooked, scoop out 150ml cooking water. Drain the spaghetti, then add to the frying pan with the reserved water. Toss over a low heat for 1-2 mins until the pasta is glossy and most of the liquid has evaporated. Remove from the heat and add the lemon juice, watercress and parsley; toss until the watercress has just wilted. Serve topped with the pitta.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2365kJ 560kcal	10g	1g	4g	1.0g
28%	14%	5%	4%	16%

of the reference intake. See page 8.
Carbohydrate 81g Protein 33g Fibre 8g
High in protein; source of vitamin B12

CHICKEN, LEEK & BACON POT PIE WITH GARLICKY GREENS

Serves 4
Takes 1 hr 10 mins

- 200g smoked back bacon, finely chopped
- 1 leek, quartered lengthwise and finely chopped
- 25g plain flour, plus extra for dusting
- ½ reduced-salt vegetable stock cube, made up to 200ml
- 400g tin cream of chicken & mushroom soup
- 450g pack shortcrust pastry mix
- 2 tsp vegetable oil
- 250g fresh greens, tough core removed and leaves finely shredded
- 1 garlic clove, crushed

1 Preheat the oven to gas 6, 200°C, fan 180°C. Heat a frying pan over a medium-high heat and fry the bacon for 6-8 mins until crispy. Add the leek and cook, stirring, for 3-4 mins.
2 Reduce the heat to medium. Add the flour, then cook, stirring, for 2 mins. Reduce the heat to low, then gradually add the stock. Stir through the tinned soup, bring to a simmer, then reduce the heat; cook for 10-12 mins.
3 Meanwhile, prepare the pastry to pack instructions, then roll out on a floured surface to a 3mm thick rectangle that's a little larger than a 20 x 25cm baking dish.
4 Transfer the pie filling to the dish. Cut the pastry to fit, then lay it on top of the filling; press the edges with a fork. Cut a steam hole and bake for 35-40 mins.
5 About 10 mins before the pie is ready, heat the oil in a lidded frying pan over a medium heat. Add the greens, cook for 3-4 mins until just wilted, then add the garlic. Cook for 1 min, then add 3 tbsp water and cover. Cook for 4-5 mins until tender. Serve the pie with the greens.

'Using chicken soup is a really great idea – the pie was full of flavour'

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2888kJ 690kcal	34g	11g	10g	2.2g
35%	48%	56%	11%	36%

of the reference intake. See page 8.
Carbohydrate 72g Protein 22g Fibre 7g

PORK TACOS WITH BLACK BEANS & SALSA

Serves 4 DF GF freeze pork mixture only
Takes 30 mins

- 1 tbsp vegetable oil
- 500g pack pork mince
- ½ red onion, finely chopped
- 2 garlic cloves, crushed
- 30g pack fajita seasoning
- ½ red chilli, deseeded and finely chopped
- 400g tin black beans, drained and rinsed
- 250g pack cherry tomatoes, quartered
- 1 lime, zested and juiced
- 15g fresh flat-leaf parsley, finely chopped
- 12 crunchy taco shells

1 Heat the oil in a frying pan over a medium-high heat and add the pork mince, breaking it up with a wooden spoon. Cook, stirring regularly, for 6-8 mins until the moisture has evaporated and the pork is turning golden brown. Reduce the heat to medium, then add the onion; cook for 3-4 mins until starting to soften.
2 Add the garlic, fajita seasoning and half the chilli and cook for 2 mins. Add the black beans with 300ml water; season. Bring to a simmer, then cook over low-medium heat for 10-12 mins until the sauce has thickened. Preheat the oven to gas 4, 180°C, fan 160°C.
3 Meanwhile, mix the tomatoes, lime juice, parsley and remaining chilli in a bowl; set aside. Heat the taco shells to pack instructions.
4 Stir the lime zest through the pork mixture, and season to taste. To serve, divide among the taco shells and spoon over the salsa.

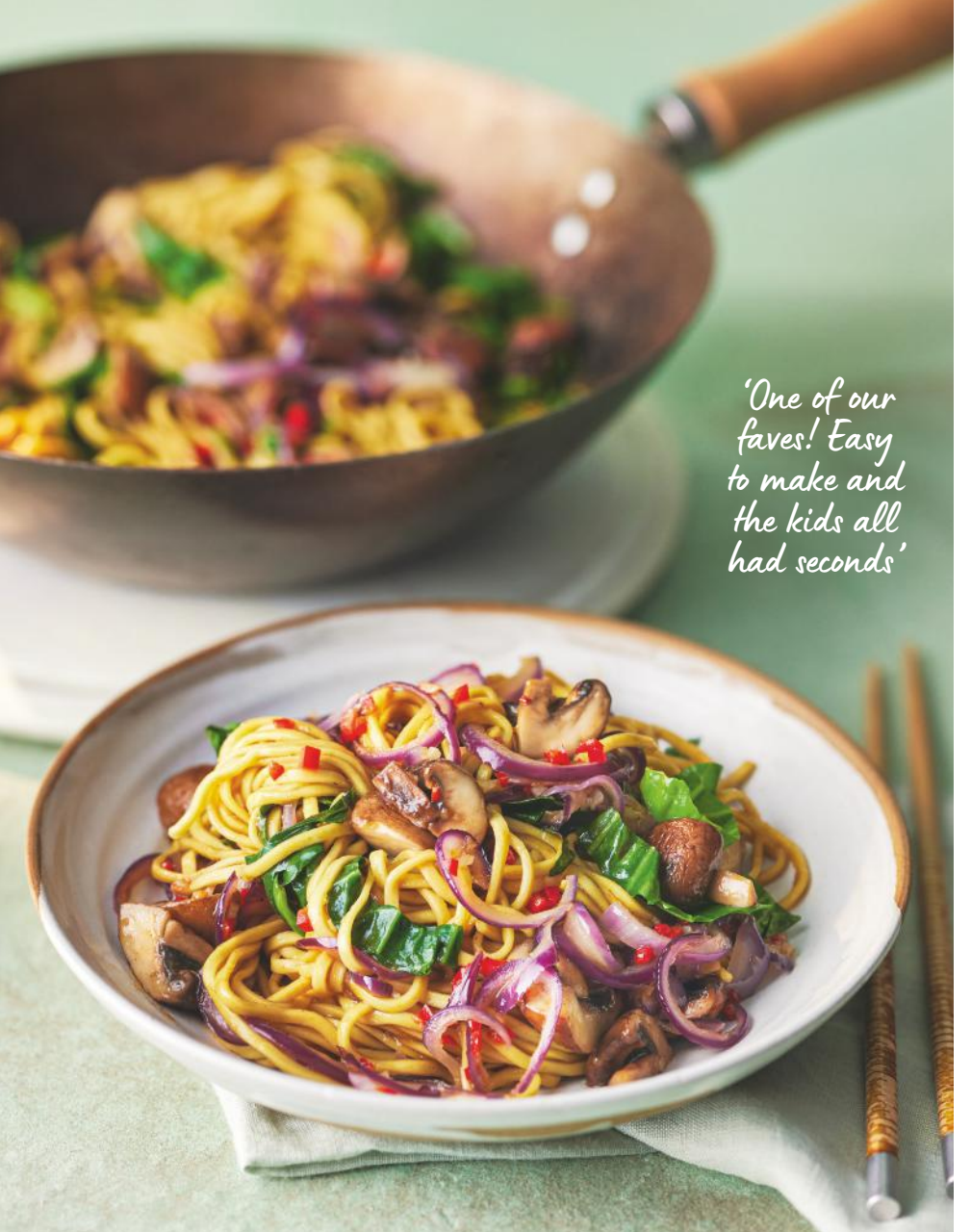
'We all loved this recipe – including our fussy toddler! Will make it again for sure'

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2467kJ 591kcal	31g	9g	5g	1.7g
30%	45%	43%	5%	29%

of the reference intake. See page 8.
Carbohydrate 42g Protein 31g Fibre 8g

RECIPES **GABRIELLA ENGLISH** PHOTOGRAPHY **TOM REGESTER** FOOD STYLING **LUCY O'REILLY** PROP STYLING **DAVINA MAJI**



'One of our faves! Easy to make and the kids all had seconds'

MUSHROOM CHOW MEIN

Serves 4 V DF
Takes 25 mins

- 2 tbsp vegetable oil
- 400g mushrooms, quartered
- ½ red onion, thinly sliced
- 250g pack medium egg noodles
- 2 garlic cloves, crushed or finely chopped
- 1 red chilli, finely chopped
- 250g fresh greens, tough core removed and leaves finely shredded
- 2 x 120g packs chow mein stir-fry sauce

1 Heat the oil in a wok or frying pan over a high heat. Add the mushrooms and onion, stir-frying for 6-7 mins until golden brown and tender.
2 Meanwhile, cook the noodles to pack instructions. Reduce the heat on the wok to medium-high, then add the garlic and half the chilli and stir-fry for 1-2 mins until aromatic. Add the greens and stir-fry for a further 4-5 mins until they are wilted and tender, adding a splash of water to help soften if needed. Add the stir-fry sauce and leave it to bubble for 1-2 mins, reducing the heat if needed, until thickened and glossy.
3 Drain the noodles and add to the wok, tossing to coat in the sauce. Divide among plates and top with the remaining chilli to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1508kJ 358kcal	9g	1g	12g	1.0g
18%	13%	5%	13%	17%

of the reference intake. See page 8.
Carbohydrate 55g Protein 12g Fibre 4g
2 of your 5-a-day; high in vitamin C

SHOPPING LIST

- 1 lime
- 1 lemon
- 30g pack fresh flat-leaf parsley
- 1 large garlic bulb
- 2 red onions
- 1 leek
- 60g pack red chillies
- 500g pack fresh greens
- 400g pack closed-cup mushrooms
- 2 x 250g packs Nightingale Farms cherry tomatoes
- 4-pack baking potatoes
- 1 red pepper
- 80g pack watercress
- 200g pack Creamfields Greek-style salad cheese
- 300g pack Woodside Farms smoked back bacon
- 500g pack 20% fat pork mince
- 30g pack fajita seasoning
- 400g tin cream of chicken & mushroom soup
- 190g jar reduced-fat green pesto
- 450g pack shortcrust pastry mix
- 2 x 120g pouches chow mein stir-fry sauce
- 400g tin black beans
- 150g pack crunchy taco shells
- 400g tin tuna chunks in spring water
- 500g pack Hearty Food Co. spaghetti
- 250g pack medium egg noodles
- 6-pack wholemeal pitta breads

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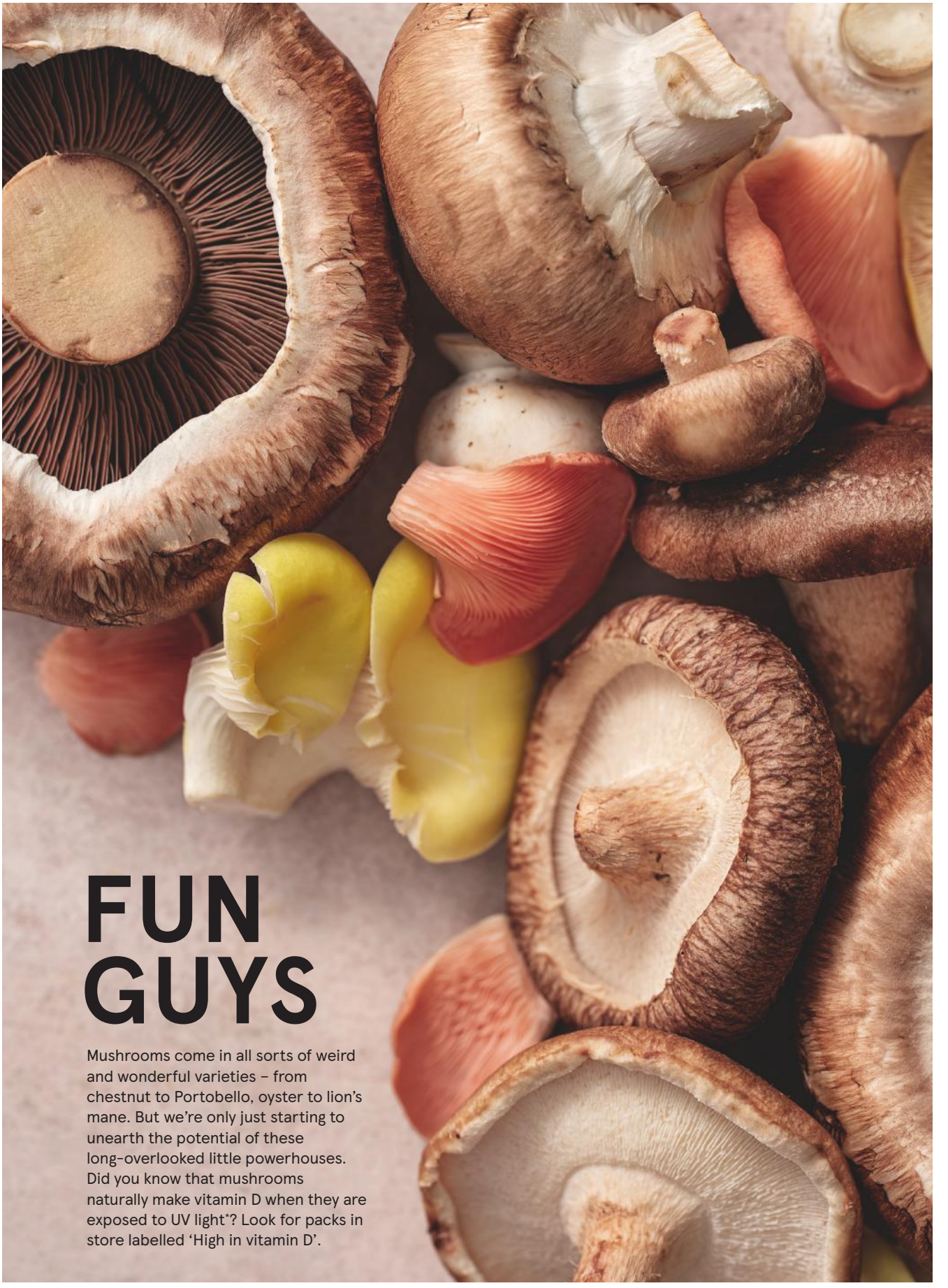

FUN GUYS

Mushrooms come in all sorts of weird and wonderful varieties – from chestnut to Portobello, oyster to lion's mane. But we're only just starting to unearth the potential of these long-overlooked little powerhouses. Did you know that mushrooms naturally make vitamin D when they are exposed to UV light*? Look for packs in store labelled 'High in vitamin D'.

WORDS **GEORGINA CROTHERS** PHOTOGRAPHY **TOBY SCOTT** FOOD STYLING **MIMA SINCLAIR** PROP STYLING **DAVINA MAJI**
*Source: tescoplc.com/mushrooms-vitamin-d/

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Good news stories

From electric home delivery vans to veg planters made from crisp packets, find out about the projects Tesco is championing behind the scenes

PLANTER POWER

Ever wondered what happens to some of the crisp packets, bread bags and soft plastic waste you recycle in store? These clever fruit and veg planters are just one example. As part of the Tesco Stronger Starts Programme, the planters have been designed and built by Plastecowood and distributed to around 400 primary schools across the UK. Tesco and horticulture supplier Westland has also donated compost, along with strawberry, cucumber and tomato seeds so pupils can start growing straight away, helping them to understand first hand where food comes from, as well as the value of recycling.

WHAT CAN I MAKE WITH...

Got leftover spuds lurking in the larder or lettuce that's looking a little limp? Find inspiration for putting them to use with the Tesco Real Food What Can I Make with... tool. Simply type in three or more ingredients you want to use up, factor in any dietary requirements, and the handy tool will give you a selection of recipes to try.

Go to tes.co/WCIMW to search recipes to use up your leftovers

MEGA MILESTONES

Ordering your shopping online? Chances are your groceries will now be delivered by an electric vehicle (EV). The 1,000th electric Tesco home-delivery van has been put into service at the Cardiff Extra store, making this the third branch in Wales to have a fleet made up entirely of EVs.

1,250

The number of Tesco electric vehicles (EVs) scheduled to be in service across the UK by spring 2026*.

GO FOR GREENS

Pick up a pack of Tesco regular or purple sprouting broccoli supplied by T H Clements and feel good about it. This particular crop is produced on a concept farm in Lincolnshire using state-of-the-art farming and storage techniques. It's another example of Tesco working with suppliers to explore new techniques.

WORDS **GEORGINA CROTHERS** PHOTOGRAPHY **GETTY IMAGES**
*Source: tescoplc.com/tesco-motors-towards-1-000th-electric-home-delivery-van-milestone

THE BIG SPRING SHAKE-UP

Forget January; April is the perfect time to make resolutions. Follow these 10 feel-good habits to get set for the months ahead

Spring is about more than just cleaning. If ever there was a time to do a bit of life admin, it's now. Perhaps you're sick of eating the same old dinners on repeat, need to update your winter wardrobe or have slipped into a few bad habits during cosy season (endless scrollers, we see you!). To help get you sorted for sunnier days, be inspired by these reset resolutions.

1 THINK OF EXERCISE AS MOVEMENT THAT MAKES YOU FEEL GOOD

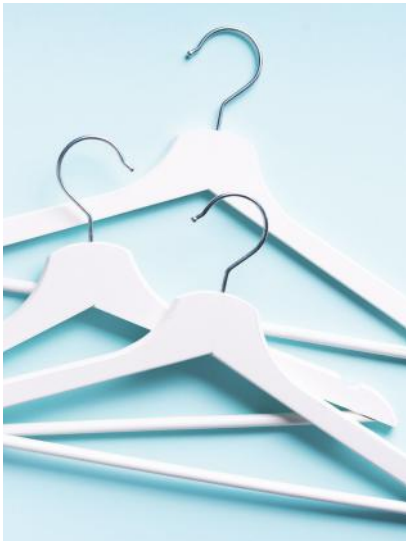
Brighter weather (and the prospect of wearing fewer clothes) often sparks a desire to get fit. 'Lots of us make resolutions to "get fitter" and "do more exercise", but it's easy to get bogged down and give up after a few weeks,' says personal trainer Nadia Taybi (nadiataybi.com). 'A rule that has never failed me is to commit to an activity you enjoy, whether that's walking 10k steps most days, skipping in your garden, swimming a few lengths, or slow jogging. When you enjoy something, your will to do it will likely come through – even on a rainy day.'

2 DO YOUR EMOTIONAL LAUNDRY

If a lack of sunshine had you feeling low in winter, these easy techniques might help you manage stress and anxiety. Write your thoughts down on a notepad or note them in your phone to help get them out of your head before going to bed. Or give yourself an allocated 'worry time' – the condition being that, after half an hour, you distract yourself from dwelling on those worries.

3 HAVE A WARDROBE CLEAROUT

It's time to be brutal and get rid of those old woolly jumpers that have seen better days. 'As a general rule of thumb, if you haven't worn one of your staples in over six months, consider reselling or donating it,' says Ben Lee, head of design (all clothing) at F&F at Tesco, whose Capsule collection is perfect for filling in any missing gaps in your spring basics. That could be a good-quality white tee, a seasonal wide-leg trouser or tailored blazer. 'Dresses and co-ords are great staples, as you can throw them on without thinking and still look elevated,' says Ben. 'And bold printed scarves add a punch of colour to a neutral capsule wardrobe.'



4 TAKE PART IN YOUR COMMUNITY

Whether it's watering your neighbour's plants while they're away or helping at a local food bank, there are lots of ways to get to know people in your area. 'Giving back to your community is one of the best feelings,' says Madison, community champion at Tesco Southwark Superstore in London. 'Check out your local volunteer hub for opportunities that fit your schedule.'

5 BREAK OUT OF YOUR BREAKFAST RUT

Been taking the same overnight oats into work every day? Sick of the sight of avo on toast? Coming up with healthy options every morning can be hard but there are lots of quick, creative ways to make breakfast better and more varied. Whether it's squeezing more fruit and veg into your morning or finding something filling to fuel your day, check out some easy breakfast ideas at tes.co/top10breakfasts.

6 GIVE YOUR COOKWARE A NEW LEASE OF LIFE

When was the last time you sharpened your knives or gave your utensils a deep clean? 'It's so easy to put off tasks like these during winter,' says *Tesco* magazine's acting deputy food editor Imogen Hope. 'But ensuring my kitchen kit is up to scratch makes cooking easier – so I sharpen knives, scrub and oil my wooden chopping board and soak silicone and wooden spatulas to get rid of smells and stains.' Imogen recommends washing your wooden chopping board with soap and warm water, then giving it a deep clean using a scrub made from salt and half a lemon. Rinse well, dry overnight, then apply a small amount of food-safe oil with a cloth. Leave to dry before using.

7 SPEND MORE TIME WITH YOUR SLOW-COOKER

'I've been reserving my slow-cooker for wintry stews but this year, I'm determined to get more out of it every season,' says *Tesco* mag's head of food Elli Donajgrodzki. 'It's so satisfying prepping dinner in the morning before work, then letting it tick over all day, knowing there's something delicious waiting. With a busy job and two kids under six, anything that makes me feel more organised feels like a win. I'll be opting for lighter dishes, like this at tes.co/slow-cooker-paella, plus alternatives to Sunday roasts, such as this tes.co/slow-cooker-piri-piri.'

8 DECLUTTER 1% AT A TIME

A good spring clean and declutter may well be on your to-do list, but we know it can be daunting. Try the trend of focusing on tackling your clutter 1% at a time, doing something small every week. For example, focus on paper one day and get rid of old receipts, shred letters and documents with your address or confidential info and recycle manuals for appliances you no longer own.

9 BE A TOURIST IN YOUR OWN TOWN

Get out and about and discover hidden gems in your local area, or cities in the UK you've never visited. Unlock access to wildlife parks or have a fun family day out by getting double the value of your Clubcard vouchers to spend with Reward Partners. For example, with Treasure Trails, just one Trail booklet is all you need for a small group or family to enjoy an amazing adventure. Visit tesco.com/clubcard*.

10 USE YOUR 'DEAD' TIME WISELY

'During the week, I have a lot of "dead" time on my commute,' says *Tesco* mag senior writer Georgina Crothers, who is keen to get her screentime down and plough through the stack of books on her bedside table. 'Since I can't do much else on the train, this journey is perfect for making time for reading. I tend to be an all-or-nothing reader, finishing a book in a few weeks but then not picking up another for months. Setting a reading goal of 10 pages a day helps me get into the habit.'

WORDS **GEORGINA CROTHERS** PHOTOGRAPHY **GETTY IMAGES**
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Breastfeeding is best. Follow-on milk should only be used as part of a mixed diet from 6 months. Talk to your healthcare professional. *Vitamin D contributes to the normal function of the immune system in children. Calcium is needed for normal growth and development of bone in children. Iron contributes to normal cognitive development in children.

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DOPAMINE DISHES

Give mealtimes a happy spin with beautifully balanced, feel-good food

Citrus & salmon grain salad p82

High in vitamin D

CITRUS & SALMON GRAIN SALAD

Serves 2 DF
Takes 10 mins
Cost per serve £4.74

250g pack seasoned mixed grains
10g each fresh dill and fresh chives, finely chopped
10g fresh mint, leaves picked and finely chopped
80g beetroot salad
½ grapefruit, peeled and sliced
1 orange, peeled and sliced
180g pack hot smoked salmon fillets
15g 4 seed mix (optional)
For the dressing
½ grapefruit, juiced
1 tbsp extra-virgin olive oil
2 tsp wholegrain mustard
1 tsp clear honey

1 Whisk together the ingredients for the dressing. Cook the grains to pack instructions, then toss most of the dressing through the grains while still warm, along with most of the herbs.
2 Add the grain and herb mix to a serving dish, topping with the beetroot salad mix and grapefruit and orange slices. Flake over the salmon, removing the skin if you like, and scatter over the seeds, if using. Add the remaining herbs before drizzling with the remaining dressing and tossing together.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2263kJ 538kcal	20g	3g	15g	1.5g
27%	28%	16%	16%	24%

of the reference intake. See page 8.
Carbohydrate 59g Protein 28g Fibre 7g
1 of your 5-a-day; high in vitamin D

TOFU & RAINBOW VEG SUMMER ROLLS WITH SWEET CHILLI SAUCE

Serves 4 V DF
Takes 35 mins
Cost per serve £1.78

2 tsp vegetable oil
399g block smoked tofu, drained, patted dry and cut into 7cm lengths
1 tsp reduced-salt soy sauce
100g dried rice noodles
8 Vietnamese spring roll wrappers
10g fresh coriander, leaves picked
10g fresh mint, leaves picked
1 mango, destoned, peeled and sliced
1 carrot, scrubbed and cut into matchsticks
⅓ cucumber, cut into matchsticks
¼ small red cabbage (about 100g), woody core removed, shredded
For the dipping sauce
1½ tbsp sriracha
1 lime, juiced
1½ tbsp maple syrup

1 Whisk the ingredients for the dipping sauce with 3 tbsp water and set aside.
2 Heat the oil in a nonstick saucepan over a medium heat. Add the tofu slices and cook for about 4 mins on each side until golden. Reduce the heat to low, add the soy sauce and stir until it's absorbed, then transfer the tofu to a plate.
3 Meanwhile, cook the noodles to pack instructions, drain and rinse under cold water.
4 When ready to eat, dip a rice paper wrapper in water until soft. Fill with a few coriander and mint leaves, some mango, carrot, cucumber and red cabbage. Add a couple of pieces of tofu and a small handful of noodles, then fold in the ends and roll to create a sealed roll. Repeat until you've used all the ingredients and made 8 rolls. Cut each roll in half widthways and serve straightaway alongside the dipping sauce.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1326kJ 315kcal	8g	1g	13g	0.8g
16%	11%	6%	14%	14%

of the reference intake. See page 8.
Carbohydrate 48g Protein 12g Fibre 3g
1 of your 5-a-day; source of protein

Tofu & rainbow veg summer rolls with sweet chilli sauce

Ella's kitchen

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BEETROOT DIP

Serves 4 V GF
Takes 15 mins
Cost per serve 79p

45g walnut pieces
500g pack cooked beetroot
3 tbsp 0% fat Greek-style yogurt
1 garlic clove
1 tbsp red wine vinegar
1 tsp caster sugar
15g fresh dill, fronds picked
200g carrots, scrubbed and sliced into batons
1 cucumber, sliced into batons

1 In a dry frying pan, toast the walnut pieces over a low heat for 6-8 mins until lightly golden. Chop and set aside.
2 Add the beetroot to a food processor and pulse until small chunks form. Add the yogurt, garlic, vinegar, sugar, most of the dill, a pinch of salt and a grind of black pepper. Blend again to a rough purée.
3 Spoon the beetroot mix into a bowl, scatter over the walnuts and the remaining dill and serve alongside the carrots and cucumber for dipping.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
942kJ 225kcal	9g	1g	11g	0.3g
11%	13%	6%	12%	6%

of the reference intake. See page 8.
Carbohydrate 27g Protein 6g Fibre 6g
2 of your 5-a-day; high in vitamin A

SUNSHINE SMOOTHIE BOWL

Serves 2 V
Takes 10 mins
Cost per serve £1.96

CLEVER SWAP Use Free From oats to make your smoothie bowl gluten-free.

Put 200g **exotic frozen fruit mix**, ½ tsp **ground turmeric**, 150ml **coconut drink**, 2 tbsp **0% fat natural yogurt**, 1 tbsp **almond butter** and most of 30g **porridge oats** (keep a little for serving) in a high-powered blender; whizz until smooth. Divide the smoothie between bowls. Top each with ½ **passion fruit**, 1 tsp **milled flaxseeds**, the remaining porridge oats and 25g **blueberries**.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
887kJ 212kcal	8g	1g	16g	0.2g
11%	11%	7%	18%	4%

of the reference intake. See page 8.
Carbohydrate 26g Protein 7g Fibre 5g
1 of your 5-a-day; source of fibre

RECIPES **IMOGEN HOPE** PHOTOGRAPHY **HANNAH HUGHES** FOOD STYLING **EMMA JANE FROST** PROP STYLING **LUIS PERAL**

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DEAR DAIRY...

From creamy whole milk to protein-packed soya, your choice can make or break that smoothie, sauce or morning brew. Find the perfect pour for all your needs with this guide

Whether you're team dairy or plant-based all the way, the market for milk and milk alternatives is always evolving. Semi-skimmed is currently the most-sold milk in the UK but sales for full-fat milk are on the rise*. And while oat has become the UK's favourite plant-based drink**, there are now myriad dairy-free alternatives. The choice can be confusing, especially as some are better suited to certain purposes, whether that's blitzed into a high-protein smoothie or used to make a fluffy sponge cake. Take a look at the top players and how you can get the most out of them.

THE WHOLE TRUTH

Milk and dairy products are great sources of calcium and protein as well as a major source of riboflavin, vitamin B12 and iodine. Naturally creamy and rich in flavour, the fat content in whole milk (3.7%) makes it good for baking, giving sponge cakes a soft crumb and making for thick, creamy custard, as well as resulting in smoother béchamel sauces and fluffier scrambled eggs.

SKIM READING

The UK's favourite milk, semi-skimmed has had some of the cream removed so it contains just 1.8% fat. Semi-skimmed is a good option if you regularly have milk in your tea and coffee. It's also great with breakfast cereal, or for making overnight oats and protein shakes if you want a touch of creaminess. Skimmed milk is a safe choice for adults and older children to help reduce saturated fat intake and keep cholesterol levels in check***. Semi-skimmed and skimmed are not as rich as whole milk, so not as good for desserts, sauces or homemade ice cream. But for the perfect froth in a milky hot drink, semi-skimmed has the right amount of fat to achieve this.

KNOW YOUR OATS

If you're lactose intolerant, follow a plant-based diet or just prefer the taste, oat drink is a great alternative to dairy milk. It's naturally lactose-free and low in saturated fat. Many plant-based drinks are fortified with calcium, vitamin D and B12 too, so check the label. It's excellent in hot chocolate – try this vegan recipe at tes.co/vegan-hot-chocolate – coffee and lattes, especially barista editions that foam nicely. It also works well in smoothies, porridge and chia pudding. If you're drinking it every day, go for an unsweetened version to avoid extra sugar.

SOY STORY

Made from soybeans, soya drink is high in protein and lower in saturated fat†. It's a great all-rounder and one of the best substitutes for dairy in recipes that don't rely too much on the creaminess of milk. If you're wanting to add a hit of plant protein to a frothy latte, cappuccino or hot chocolate, then soya drink is a great option.

CREAM OF THE CROPS

Similar to oat and soya, almond and coconut are often fortified with key vitamins and minerals, such as calcium, riboflavin, vitamin B12 and iodine, at levels comparable to those found in cows' milk. The mildly nutty essence of almond and sweetness of coconut make them a slightly lighter option for a latte or hot chocolate. Try combining coconut drink with a homemade chilli hot chocolate or adding to a tropical fruit smoothie in place of juice. Inspired by Mexican-style horchata, try almond drink in this warming vanilla and amaretto hot drink recipe: tes.co/Mex-style-horchata.

MORE POURS IN STORE

Beyond your standard blue, green and red top, there are so many more milks in store to try – from Gold Jersey, goat's and unhomogenised to whole milk infused with botanicals. And when it comes to other plant-based alternatives, look out for creamy cashew drink, and even pea drink for a protein-packed option.

WORDS **GEORGINA CROTHERS** PHOTOGRAPHY **HANNAH HUGHES** FOOD STYLING **EMMA JANE FROST** PROP STYLING **LUIS PERAL**
*Source: ahdb.org.uk/news/consumer-insight-dairy-retail-performance-5-october-2024 **Source: theguardian.com/business/2025/apr/19/oat-milk-rises-to-top-as-britains-preferred-plant-based-drink ***Source: nhs.uk/live-well/eat-well/food-types/milk-and-dairy-nutrition/ †Source: assets.publishing.service.gov.uk/media/68765a24cfc3756455bb6a61/plant-based-drinks-health-benefits-and-risks_main-report.pdf

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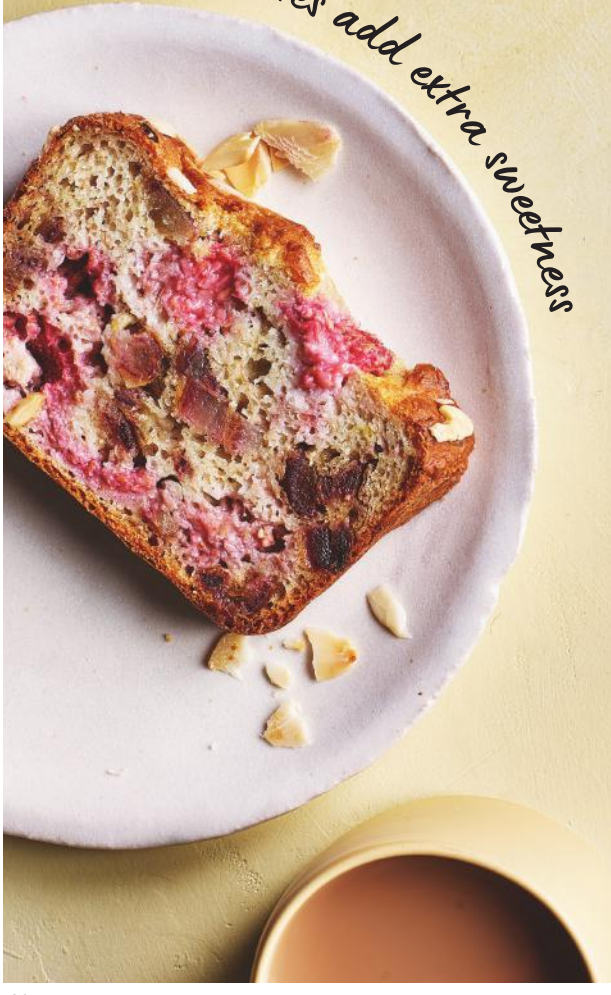
Clever bakes

Surprising secret ingredients give just the right sweetness to these moreish treats

Bakewell banana bread
p92



Dates add extra sweetness

BAKEWELL BANANA BREAD

Serves 10 V ❄
Takes 1 hr 10 mins plus cooling and chilling
Cost per serve 44p

- 1 tsp vegetable oil, for greasing
- 2 very ripe bananas, mashed
- 1 large egg
- 150g 0% fat Greek-style yogurt
- 1 tsp vanilla extract
- 100g ground almonds
- 125g plain flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 100g dates, finely chopped
- 100g raspberries
- 2 tbsp flaked almonds

1 Preheat the oven to gas 4, 180°C, fan 160°C. Grease and line a 900g loaf tin with baking paper.
2 Whisk the mashed banana, egg, yogurt and vanilla in a bowl using an electric hand mixer for 2 mins until smooth. In a separate bowl, combine the ground almonds, plain flour, baking powder and bicarbonate of soda. Pour the dry ingredients into the wet ingredients, then mix until just combined, but don't over mix. Gently fold through the dates and raspberries. Pour the mix into the prepared tin and scatter evenly with the flaked almonds.
3 Bake for 45–55 mins until risen and golden and a skewer comes out clean. Cover with foil if browning too quickly. Leave to cool in the tin for 10 mins, then transfer to a rack to cool. Once cool, wrap well in foil. Store in an airtight container or resealable bag for up to 2 days in a cool, dark place or 1 week in the fridge.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
808kJ 193kcal	8g	1g	12g	0.3g
10%	11%	4%	14%	5%

of the reference intake. See page 8.
Carbohydrate 22g Protein 7g Fibre 3g
High in vitamin E; source of fibre

LENTIL BROWNIES

Makes 16 V GF ❄
Takes 30 mins plus cooling
Cost per brownie 24p

- 50ml vegetable oil, plus extra for greasing
- 390g tin green lentils, drained and rinsed
- 3 large eggs
- 100g cocoa powder
- 120g light brown soft sugar
- 1 tsp vanilla extract
- ½ tsp baking powder (use gluten-free if needed)
- 1 tsp instant coffee granules dissolved in 1 tbsp boiling water
- 60g dark or milk chocolate, chopped

1 Preheat the oven to gas 4, 180°C, fan 160°C. Grease and line a 20 x 20cm baking tin with nonstick baking paper.
2 Put all the ingredients, apart from the chocolate, into a food processor and blitz until only just smooth. Stir in the chocolate, then spoon into the prepared tin and smooth with the back of a spoon.
3 Bake for 20 mins. Remove from the oven and allow to cool on a wire rack before slicing and serving. To freeze, wrap the entire cooled tin in a layer of clingfilm and foil and freeze for up to a month.

Each brownie contains

Energy	Fat	Saturates	Sugars	Salt
569kJ 136kcal	7g	2g	9g	0.1g
7%	10%	11%	10%	2%

of the reference intake. See page 8.
Carbohydrate 12g Protein 4g Fibre 3g
High in fibre; high in folate; high in vitamin B12

RECIPES **MIMA SINCLAIR, ELLA TARN** PHOTOGRAPHY **KRIS KRIKHAM** FOOD STYLING **ELLA TARN** PROP STYLING **MAX ROBINSON**

Lentil brownies

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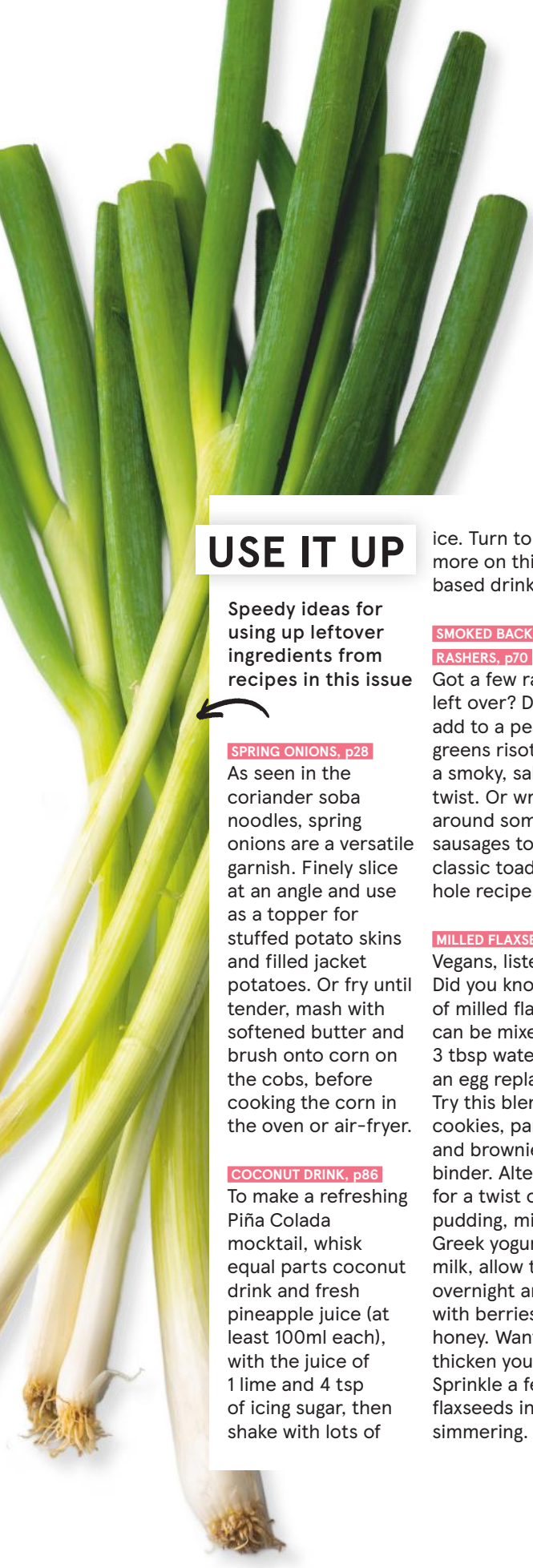
TOO GOOD to waste

Save money, reduce waste and give leftovers a new lease of life



USE IT UP

Speedy ideas for using up leftover ingredients from recipes in this issue

SPRING ONIONS, p28
As seen in the coriander soba noodles, spring onions are a versatile garnish. Finely slice at an angle and use as a topper for stuffed potato skins and filled jacket potatoes. Or fry until tender, mash with softened butter and brush onto corn on the cobs, before cooking the corn in the oven or air-fryer.

COCONUT DRINK, p86
To make a refreshing Piña Colada mocktail, whisk equal parts coconut drink and fresh pineapple juice (at least 100ml each), with the juice of 1 lime and 4 tsp of icing sugar, then shake with lots of ice. Turn to p88 for more on this plant-based drink.

SMOKED BACK BACON RASHERS, p70
Got a few rashers left over? Dice and add to a peas & greens risotto for a smoky, salty twist. Or wrap them around some pork sausages to elevate a classic toad-in-the-hole recipe.

MILLED FLAXSEEDS, p86
Vegans, listen up! Did you know 1 tbsp of milled flaxseeds can be mixed with 3 tbsp water to make an egg replacement? Try this blend in cookies, pancakes and brownies as a binder. Alternatively, for a twist on chia pudding, mix with Greek yogurt and milk, allow to sit overnight and top with berries and honey. Want to thicken your stew? Sprinkle a few flaxseeds in while simmering.

MATURE CHEDDAR, p36
Grate Cheddar over tortilla chips, grill until melted and add dollops of your favourite nacho toppings. For a cheat's rarebit, grate generously and whisk with a dash of milk, a splash of Worcestershire sauce and mustard. Spread on thick slices of white bread and grill until melted and golden.

SMOOTH PEANUT BUTTER, p45
Add to sweet and savoury dishes. Mix with chopped dates, porridge oats and cocoa powder and roll into balls before drizzling with 70% dark chocolate for a healthier, yet satisfying snack. Or blitz a tablespoon into smoothies for protein and a creamy texture.

WILD ROCKET, p34
This peppery salad leaf packs a big punch. It's perfect as a fresh garnish on pizza, as a side salad with a drizzle of balsamic vinegar or stuffed into focaccia with mozzarella, pesto and Italian ham.

FRIDGE-RAID FEASTS

Shakshuka transforms a simple box of eggs into an elevated brunch

1 The base of this Southwest Asian and North African dish is a rich tomato sauce. Sauté onions and peppers until softened, adding in crushed garlic, if you like. Season with cumin and paprika, then simmer with tomatoes (fresh or tinned), and a dollop of tomato purée. If it's a little tart, add a pinch of sugar.

2 Once reduced, stir through a pulse like butter beans, or wilt in some greens like spinach, just before you add the eggs. Make wells in the sauce and crack the eggs into them (one egg per person). Cover your pan, cook on a low heat until the whites are set and the yolks are runny.

3 Finish with a garnish of fresh herbs – parsley, coriander, chives, basil or dill are all great. Crumble over feta, or drizzle with yogurt or soured cream. Bread for dipping is essential – sourdough, ciabatta, flatbread (anything with a bit of squish) are all perfect for soaking up the sauce and egg yolk.

How to...
SHOP SMARTER

FORAGE IN YOUR FRIDGE
Got leftover ingredients you want to use up? Save both money and waste by planning meals around them (see p75 for more about our recipe-finding tool). Check cupboards for any spices, grains and tinned food you can use too.

LEVEL UP YOUR LIST
Keep a shopping list that you add to throughout the week, adding what you're running out of as you go. iPhone users can start a shopping list in the Reminders app. This will categorise your shop and allow you to share it with your household.

RIPE AND READY TO GO
Where you can, buy loose produce so you only get what you need, and you can limit your plastic waste. When it comes to fruit like bananas and avocados, buy a range of ripeness – ripe if you're planning to eat them straight away, less ripe so that they last longer in your fridge or in the fruit bowl.

GIVE ME MORE!
Scan this QR code to find more ideas for reducing food waste, on Tesco Real Food.

WORDS **GEORGINA CROTHERS** PHOTOGRAPHY **KRIS KIRKHAM, GETTY IMAGES** FOOD STYLING **ELLA TARN** PROP STYLING **MAX ROBINSON**

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Treat of the week

Rice crispy cakes with a 'swalty' pretzel twist? We're hooked

PRETZEL RICE CRISPY CAKES

Makes 24
Takes 20 mins plus cooling
Cost per cake 25p

Line an 18 x 28cm cake tin with baking paper. Put 80g cubed **butter** and 180g bar chopped **pretzel & salt loaded milk chocolate** into a saucepan on a medium heat and melt, then stir to combine. Add 200g pack **marshmallows** and allow to melt, stirring occasionally; remove from the heat. Stir in 150g **rice snaps** and 40g chopped **salted pretzels** until well combined. Spoon the mixture into the tin, packing it in tightly. Melt 60g **dark chocolate** in a microwave-safe bowl in 30-sec bursts until just melted, stirring in between. Scatter 40g salted pretzels over the rice snaps mixture, then drizzle over the chocolate with a spoon. Sprinkle with a little **sea salt** to finish, if you like. Allow the chocolate to set at room temp before slicing into 24 squares or triangles. The cakes will keep in an airtight container for up to a week.

Each cake contains

Energy	Fat	Saturates	Sugars	Salt
595kJ 142kcal	6g	4g	10g	0.2g
7%	9%	19%	11%	3%

of the reference intake. See page 8.
Carbohydrate 20g Protein 2g Fibre 1g

RECIPE **ELLA TARN** PHOTOGRAPHY **TOBY SCOTT** FOOD STYLING **MIMA SINCLAIR** PROP STYLING **JENNY IGGLEDEN**

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